

# Grass Roots

Craft and self-sufficiency

For down to earth people

AUST \$3.50

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New Zealand Edition

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Homespun Knits

•  
Chestnuts

•  
Repairing Chairs

•  
Breadmaking

•  
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•  
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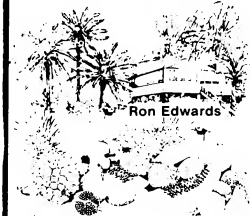
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## Going Tropical

Living and Fruit Growing in Northern Australia



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## Starting a Nursery or Herb Farm



John Mason

**NIGHT OWL PUBLISHERS: PO Box 764 SHEPPARTON 3630**



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Front Cover: Winter, a time for sitting by the fire and spinning, and keeping the cold at bay with thick home knitted woollies and hearty fare. This issue we bring you articles on creative spinning, knitting, breadmaking, repairing chairs, in fact lots to read or do in the warmth of your home.

Photo courtesy of Northside Productions.

Back Cover: A glimpse of a truly beautiful cottage garden at Heronswood, Dromana, Victoria. The garden here has been carefully and lovingly reconstructed by enthusiast Clive Blazey, and is open to the general public.

Distributed to newsagents by Gordon & Gotch.

# Feedback Link-Up Feedback

## Dear Grass Rooters,

We are planning to travel around Australia next year, hopefully leaving home early January 1988. That's where our first problem begins. We own 50 acres at a small township called Bauple, which is half way between Maryborough and Gympie and about 300 km north of Brisbane. At present we have chooks, cows, horses, sheep and bees and are **LOOKING FOR SOMEONE TO FARM-SIT** while we are away. We plan to be gone a year, but it may take longer.

Our next problem is accommodation. We are looking to **BUY OR HIRE A BUS**, converted to living quarters. Is there anyone, preferably S.E. Queensland or Northern NSW, who knows of an appropriate bus. Our family consists of Garry and I and four children.

We would love to hear from anyone who has done this trip, with kids. I plan to do correspondence lessons for the two school age children, but to my mind, seeing our great country and meeting all your great people will be education enough.

We would also love to hear from any Grass Rooters who would be willing to write and maybe show us a bit of your part of the country. We aim to see much more than the tourist spots.

Anyone doing a trip at present is more than welcome to call in for a cuppa and a chat. We are very close to the Bruce Highway — easy to find.

All letters will definitely be answered. Bye for now.

**Debbie Brischke  
MS 221  
MARYBOROUGH 4650.**

## Dear Grassroots Readers,

My family and I have just recently moved to 300 acres of forest in Yowie, and my mum and I would like to know where in the Bega Shire area we could find a **SECOND HAND POTTERY WHEEL** (or somewhere in Sydney). Or if anyone knows how to make a simple (leg powered) one. And also if anyone knows of a place in this area where we could buy some clay.

Thank you for a really informative magazine.

**Vanessa Guaydon  
C/-Cobargo PO  
COBARGO 2547.**



Edited by Megg Miller and Kath Harper.

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Grass Roots is produced for those who wish to regain control over their lifestyle by exploring the alternatives to modern mass consumption. Whether you've just started out or you're an old hand, why not share your experience and knowledge with other readers of Grass Roots. All contributions of articles and photos are welcome.

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## Dear GR friends,

Well, so much has happened since we last wrote! We have moved onto our land and will soon start to build. Just getting set up in our 'temporary' home seems to be taking forever. A few minor problems along the way like losing every precious drop of water we'd carted to fill our tank over six weeks. (The tank stand we built was inadequate and it 'popped' its seal). We certainly learnt from that experience!

We are living in a caravan/annexe and have sheds, bush bathroom and toilet. Suppose we've got it pretty good really but the cramped conditions do get to you sometimes. The annexe we bought was very old and the roof full of tiny holes (leaked very badly in the first downpour, but oh! the joy of all that fresh rainwater to top up our tank!). We tried just about everything to fix it (nothing worked), we thought we'd be up for a new roof (about \$450) until a wonderful neighbour suggested **DURRAM 195** — it's a miracle product! Expensive — \$50 for five litres — and it stinks for a few days, but we now have totally leak-proof annexe roof. You can use it for many different purposes including repairing leaking tanks. It's a thick, goopy tar-like paint you can brush on. You can also seal it so that you can still collect drinking water off it. Thank you John and Merv and Sue for introducing us to this little marvel!

Our boys are really adjusting very well to country life after being city boys and it's lovely to see how healthy they've become in these past nine months.

Now we have to work on us — we'd like to **GIVE UP CIGARETTES**. Any ideas or suggestions please? (no nicotine chewing gum though!) We're not really strong on will power unfortunately. Dick tried hypnosis but it only worked for a short time.

Well, must go now, plenty to do today. Take care.

**Dick and Karen Christmas  
Araluen  
C/- PO  
CORDALBA 4660.**

## Dear GR,

In March, Graeme and I (both 25) plan to begin a three year **JOURNEY AROUND AUSTRALIA**. We have bought a car and fold-down caravan and have planned a basic route of leaving Melbourne and heading for Darwin via Adelaide, then travelling down the west coast to Perth, back across to Adelaide and then over to the east coast. We are **HOPING TO MEET PEOPLE** of differing and similar philosophies and lifestyles to our own and to learn from (and hopefully teach) others. We are both vegetarian (although we occasionally eat white meat when out), non-smokers and non-drinkers.

I am hoping to find work at some stages on our trip, sometimes as an occupational therapist but also trying other things. I am also very interested in crafts, particularly with fibres and fabrics. Graeme has been working as a peace worker for the Uniting Church and looking after the house. He hopes to do some social justice work and we would both like to develop some practical skills in self-sufficiency such as organic farming.

Having recently begun reading this magazine, it seems an excellent place to begin making contacts. We would be very appreciative of any hints on the 'must' of where to go, what to see, and what to take. We are also keen to meet people just to drop in or maybe to offer labour or company for a while. We look forward to hearing from you.

**Cathy Stuart  
12 Rowan St  
WANGARATTA 3677.**

## Dear Grass Roots Readers,

My husband and I, and two young children have recently migrated to Australia and would like to hear from any folk who would be willing to share their knowledge of the why's and wherefore's of **COUNTRY LIFE IN THE TABLELANDS**. Useful tips, advice or just friendly banter, we'd love to hear from you.

As soon as we get our own patch of land, I'd like to plant loofahs, white corn and anything else I can get my hands on. Would anyone have some **UNHYBRIDISED SEEDS** to send my way? I would be most grateful.

We look forward to hearing from you.

**Ben and Cheryl Steyn  
PO Box 1106  
MAREEBA 4880.**



# Feedback Link-Up Feedback

## Grass Roots Magazine,

For two years now I have been reading GR and enjoy every page of it.

One thing that interests me is the people suffering from ALLERGIES. Maybe I can give some of GR allergy sufferers a few hints that helped me. Doctors were treating me for asthma. I was on antibiotics for eighteen months, no-one said it may be sinus, and I had seven different doctors, even a specialist. I could write a book, but will make it brief. I shared a taxi with an Aboriginal lady, she said when I had sinus I used to sniff up lemon juice from the palm of my hand, and my sinus cleared up for good. I use lemon juice and water for nose drops.

I went to the Prince Charles Hospital in Brisbane Qld. for allergy tests, the specialist said sinus, I wasn't allergic to anything such as pollens, dust etc. so I told myself it's what I eat.

For a month I lived on, pumpkin, carrot, garlic, potato, shallots, parsley, onion, cabbage. Sometimes I made pumpkin stew with all these as above added, then I would cook up potatoes, and add the above. Rolled oats was used to thicken stews, so long as the above was all I used, I made some different dishes. I became well. Then I added one thing back into my diet, a little chicken, grilled fish no skin on either, or fats, vegetables cooked in their skin. I found I was allergic to the following. Anything made with vinegar, red apples, (but not green apples) butter, margarine, milk products, sugar, honey, soaps, tea, coffee. These are the major ones I had to avoid. I also introduced the Pritikin Diet, Marlene Pentecost's book (*Cooking For Your Life*) Ross Horne's *Health Facts*, later (*The Health Revolution*), Dr. Lady Cilento (Vitamins nutritionist). *Eat Your Way to Health* by Vicki Peterson, and my favourite healer (*Back to Eden*) by Jethro Kloss.

If I stay home and eat my own cooking, I never get a cold, nor do I become sick, people visit me and think I am deprived of the good things in life, I have been healthy for seven years, once only recently when I was visiting and couldn't get food, and I was so ill from their foods, never again. Write if interested sae.

**Marion McDonald**  
130 Steley Street  
HOWARD 4659.

## Dear Friends,

A recent addition to your ever growing number, my wife Debbie and I are becoming avid readers of GR. We particularly enjoy the sharing in your joys and problems as related in this segment. It is in regard to these specific areas of sharing that we are interested, especially towards a mutually broadening experience, making provision for those days ahead when self sufficiency will be absolutely essential.

I may be wrong, but it would appear that the majority of those who write in are in the lower age bracket — there would be no doubt many who like ourselves, are middle-aged and over. Personally I see no problem of compatibility between those of differing ages, but there would be those who see it otherwise.

We are looking for LIKE MINDED PEOPLE who share a knowledge and love of God, who, for one reason or another, have not yet fully realised their heart's desire to find fulfillment in their lives. We have a lovely old Colonial home in a quiet little village, with painting, pottery, weaving, spinning and many other craft activities in the community. All facilities and services are at hand, together with a new caravan on our back block. Debbie is a capable artist, spins her own wool and loves her garden. I have an artistic and photographic background with experience in marketing, horticulture and livestock. We go fishing and fossicking when we get the time and enjoy all things associated with the good simple outdoor life.

Initially, we are asking for people to communicate and express their interest — with a view to acquiring a larger acreage of land which could be used on a communal basis. But first things first — please write, giving briefly details of yourself, background, likes and dislikes. You would be more than welcome to a short stay with us here to become acquainted, should you wish. All letters will be answered promptly.

All letters will be answered promptly — looking forward to hearing from you.

**Bill & Debbie Eldridge**  
6 Tenterfield St  
DEEPWATER 2371.  
Ph: 067-345-243.

## Dear GR's,

From my enquiry in GR 59 for the address of the SOCIETY FOR GROWING AUSTRALIAN PLANTS, I received many prompt replies, one of which must have been done through lunchtime, as it arrived with the remnants of beetroot from a salad sandwich.

For other GR's, I am enclosing the addresses I received.  
PO Box 393, Hawthorn 3122. C/- PO Box 61, Toongabbie 2146. PO Box 207, Civic Centre 2608. PO Box 809, Fortitude Valley 4006.

**Clém Clarke**  
Box 2265  
MT ISA 4825.

## Dear Readers,

I am interested in MUD BRICK BUILDING. Would anyone know of a mud brick building course I could attend in the Sydney or Central Coast area? I am also interested in ALTERNATIVE MEDICINE, there are a lot of alternative medicine colleges around — could anyone recommend a good correspondence course?

**Peter Knight**  
7 Oak Place  
MUSWELLBROOK 2333.

## Dear Grassrooters,

I have, over the past few years, developed a HEALTH and WEIGHT LOSS PROGRAMME, which I feel is adaptable enough to cater for a wide variety of people, be it the 'steak and two veges' type or a fairly health-conscious person. The programme involves food-combining, allergy-testing and work with emotional aspects — all introduced to the client on a gradual basis. Developing and improving the programme has taken a lot of study and 'hard work' (if you can call anything you enjoy so much 'hard' work). My dream is to see this programme used in many more places as an alternative to other not so wholistic programmes. I would like someone to help me with this last aspect — marketing the programme. If there is anyone with a good business-head, who can see this as a worth-while challenge I'd be very interested in hearing from you. Or if anyone is interested in working with this programme in your local area, please do not hesitate to write. Training manuals have been compiled, herbal tablets have been manufactured, bottled and labelled and booklets have been printed — it is all ready to go! Any other ideas will be appreciated.

I am also looking to buy some land in two years' time and am thinking of converting a railway-carriage into a home. If anyone with any knowledge or experience with this could give me some tips or insights I would very much appreciate it. All letters will be answered.

**Ninah Sky**  
PO Box 73  
NIMBIN 2480.

## Dear Readers,

I am looking to find some BORDER LEICESTER SHEEP WOOL (coloured as well as white) for spinning. If anyone can help please advise cost of full fleece.

**Jean Young**  
North Branch  
MARYVALE VIA WARWICK 4370.

## Dear G R Readers,

I am interested in GRAFTING TOMATOES onto wild tobacco plants, can any GR readers help me to achieve this aim? Also I would appreciate a few seeds of the wild tobacco plant. Could any reader tell me where if possible I could buy a SWARM OF NATIVE BEES, that is the little ones that don't sting.

**K.Stewart**  
29 Barton Ave  
SINGLETON 2330.

## Dear Readers,

Can any kind person send me a recipe for making ICE CREAM from SOY MILK please?

**Mary Allen**  
PO Box 64  
MANUNDA 4871.

# Feedback Link-Up Feedback

## Dear Grassroots Readers,

We are urgently seeking correspondence with ANYONE WHO HAS MOVED FROM THE UNITED STATES TO AUSTRALIA. We recently were in NSW and Victoria on a holiday and we are considering attempting immigration. We are a married couple with two children living an alternative lifestyle on a farm in the midwestern US (60 acres surrounded on four sides by 4,000 acres of National Forest). We are both experienced registered nurses; one certified in maternal and child health and the other in critical care. We would like to hear from people who have experienced the move, successes or disappointments. We would like specific information on how much money the Office of Immigration deems necessary to have in order to be successful in immigrating. Also, information regarding the actual moving of household possessions and what types of purchases would be beneficial to us before leaving the States would be helpful.

**Hugh Morris**  
Rt 1 Box 200  
Alto Pass  
ILLINOIS 62905  
UNITED STATES.

## Dear Readers,

It's been a long time since there was SOMEONE IN MY LIFE TO CARE FOR and care about. In my mind I haven't the confidence to believe a man would want to include a fifty year old woman in his life, still less cherish her. Yet in my heart I know the greatest need in me is to love someone. It has taken me a long time to say that. Tears prick at my eyes as I expose these raw nerve ends. I am much better at intellectualising.

I have looked for someone through agencies and advertisements. I am intellectual and intelligent with a view of the world that is a mixture of pessimism and delight, cynicism and compassion, folly and glory.

I like who I am. I know my faults and work on them. I know my strengths and rejoice in them. I'm no beauty, and have never had a reputation for turning men on. Blue eyes, hair once blonde, a small build, Aquarian, non-smoker, healthy, and of independent spirit, I can (and do) live happily with myself.

The man — above all he must relate to what I've said of myself. He should suffer fools, but gladly depart from them. He should be realistic enough to know there is no altruism, but caring enough to pretend there is. He needs to care about the environment. He needs to know the difference between needs and desires. He must live or desire to live a grass-roots life style. A little eccentricity, artistic talent or practical skill would be nice. He must like me, and I him.

Please write if you have something to offer. Please write if you too have been where I am, and have found answers. It seems a terrible waste that what I have cannot enrich someone else, and my life likewise be enriched. I mourn if I must make valediction to a relationship in my life.

**Cordelia**  
C/- Box 764  
SHEPPARTON 3630

## Dear Grass Roots,

My request is for parents or parents-to-be of ANENCEPHALIC BABIES. I would appreciate all letters. These babies do not have full development of their brain. Ordinarily doctors suggest abortion. I've chosen against this and am finding it quite difficult with the flak from the hospital and some friends over my decision to allow my baby to continue living as long as it will (which may only be a few days or weeks).

Also I don't have much faith in the medical profession, they so often over-rate themselves, especially the hospital I'm at (Westmead). Being a research hospital, I can't help feeling that I'm a guinea pig. Don't get me wrong, I feel the medical profession have done and can do many life saving things but it's so often that they ignore their failures (that is, they don't tell the public), so the public usually only hear of their achievements or financial needs for further research. Failures are only heard of in the alternative medicines it seems.

I also have an allergy to dairy products. If there is anyone who could help me with RECIPES FOR MILK SUBSTITUTES especially a simple way of making soy milk that would resemble the flavour of the commercially sold soy milks which use barley malt, kombu, etc. Is there a way of making or finding these products?

**Susi Vesnauer**  
11 Carrabai Place  
BAULKHAM HILLS 2153.

## Dear GR,

I'd like to take the opportunity here to thank you all for your efforts in producing *Grass Roots*. It's a terrific magazine — makes a nice change to know my dreams of a patch of land might some day be realised, especially as dream-stomping seems to be the great pastime of so many unhappy people these days. Thanks again, all of you, for putting me in touch with so many like-minded people (there are some cranks and hangers-on in 'Feedback', but they're to be found everywhere).

Reading your magazine is like having a series of nice long chats with old friends. It's very reassuring to know there are some real people left in the world and, very important, GR has helped me to acquire patience with the realisation that I'm not the only one waiting and working toward a more satisfying lifestyle.

I'd like to share one of Gran's health hints with others. A drop of castor oil rubbed into each eye once or twice a week is a CURE that really works FOR CONJUNCTIVITIS and scungy, tired or smoked-out eyes. It's a great relief after years of hot, sore and sometimes funny eyes to have the sort of relief and even prevention, this brings. I also find I need my reading glasses less these days, as she promised. Hope this might bring some relief to other sufferers who are sick of having expensive and useless eye-drops fobbed off on them. P.S. It fogs the sight for about a minute after application.

Well, I've run out of paper thanks again for all the hope and happiness you bring to so many people.

**Carol Hooper**  
C/- 43 Boronia Rd  
ST MARYS 2760.

## Dear Grass Roots,

My husband, boys and I are not now in a rural situation, but it is the type of lifestyle we aim for and quite confidently believe, one day will achieve. Previous to us returning to Wollongong last year, we spent 2 years renting accommodation on a farm outside Queanbeyan, and although we didn't work on the land, its effect on ourselves was a positive recommendation for this type of life. An inner peace that seems to desert us when we returned to live in town. I wonder if others have experienced this type of change in their families?

However, we are making the best of our present situation, and with a great belief in the power of positive thinking, are working slowly to regain that which we seem to have temporarily lost.

Accordingly I was wondering if there are any READERS IN THE ARMIDALE, NEW ENGLAND AREA that would care to write to us, as this is one area that we have visited recently which we liked. I will happily answer all letters. Thank you again for a great magazine.

**Merrilyn Gilroy**  
115 Industrial Rd  
OAK FLATS 2529.

## Dear GR Readers,

Your name has been given to me and I am hoping that you may be able to assist me.

I purchased a solar dryer in the hope of drying apricots, plums and apples, and I was also sold an American book with drying instructions. Unfortunately most of the information given uses sulphur and this is what I am trying to get away from. I am a diabetic allergic to all sulphur products, but find dried fruits a great help when I am travelling.

I have had no success using the only other method I have been given. Using ripe but firm fruit, removing the stone and putting the fruit into a solution of one teaspoon of ascorbic acid to a quart of water. Removing fruit after two minutes draining on paper towel and placing fruit in the solar dryer. I put the fruit in a warm sunny position during the day and bring in at night but leave in a nice airy place. To date most of my fruit has gone mouldy.

Can you assist me in any way with information or a book re DRYING THAT DOES NOT REQUIRE SULPHUR. I paid almost \$100 for the dryer and the book, so of course do not want it to just sit there not used.

I use Moore Park Apricots, and want to use Angelina or Grand Duke plums, and of course Granny Smith apples.

Trusting that you can assist me.

**Beryl A Loftus**  
Unit 2/33 Edina Rd  
FERNTREE GULLY 3156.



# Feedback Link-Up Feedback

**Dear Editor,**

In reply to Lucy Daugalis regarding A MAN CALLED JAKOB LORBER (GR 58), calling him a prophet. Firstly not all who are called prophets and or saints are in fact what they or their followers call them.

Also there are those that prophesy and receive information from doubtful sources. It appears that anyone being a prophet of our creator would not be calling the potato a bad food. The origin of the tale as my studies have led me to believe was in England where the ignorant and illiterate destroyed the potato calling them The Devils balls. A good healthy potato (no green on it) is very beneficial to the body.

Many people in old times and scientists in these modern times have labelled food of different types as bad for you and within a few years, we are told that the condemned food is good for you — I have seen this happen often in the last 40 years. Scientists often change their ideas and prophets have too.

I also have seen and heard people called prophets and psychics, give messages from an unseen source and contradicting each other's messages.

Also Reg McIntosh mentions REINCARNATION and SPIRIT AND SOUL. I state no human soul can reincarnate in an animal body. The spirit is the essence of the body and disperses reasonably quickly after death and the soul is the essence of God, the original creator and we were all meant to be god. But mankind preferred other ways and so we have some who seek to become spiritual beings and others who prefer to be animal man, following the ways of the flesh — I have also studied Eastern religions and Spiritism, ESP, The Bible and ancient and Roman documents.

**Clergywoman NSW  
C/- PO Box 764  
SHEPPARTON 3630.**

**Dear GR Readers,**

I am from a small country town and love the bush and the mountains so the desire to live a more natural lifestyle away from the city found my wife daughter and I living on a few acres near Brisbane. I loved the area and the hard work associated with setting up and maintaining a 'hobby-farm'. Well we moved again and finally ended up with 153 acres and a new home which we built using logs that I cut down. I became so immersed in work that I neglected leisure and love and dreams, I forgot how to relax.

My wife left me 3 years ago. I'm now divorced and living with my daughter (19) in the house we built.

I have this problem of owning a hobby-farm but no mate to care or share with. I'm now relaxed but lonely, I love sitting on my squatters chair on the verandah in the early morning watching the mist in the valley below and listening to the sounds of the bush while I drink my first cup of coffee (de-caf).

I'm male 45, 5 ft 8 ins, don't smoke, not into drugs or religion but I do enjoy a social beer or wine. I try to eat mainly Pritikin style foods but sometimes I break out (too often I feel). There's cows, horses, dogs and cats plus a vege garden and chooks. A permanent creek runs along one boundary and there's bush and mountains (small ones) at the back boundary. Apart from 'playing' with the animals I enjoy golf (27 handicap) windsurfing (beginner), native birds and marsupials, and the occasional night out at a quiet restaurant with a glass of wine.

I would like to share this house and land with a FEMALE COMPANION with or without a child who prefers the country to the city. If there is anyone who thinks they could enjoy this situation or would be prepared to give it a try please write and say hello.

Thanks to all the Grass Rooters who write and share their hopes and dreams through 'Feedback'. I love reading about all your ups and downs, it makes me appreciate what I've got and not got.

**Ken  
PO Box 237  
FERNY HILLS 4055.**

**Dear Meg,**

I do enjoy your fascinating magazine. I have read recently that RASPBERRY TEA is good for PMT and other female troubles. Could anybody tell me anything about strength and how often to use it. Are tablets available and just as good?

Any information at all would be appreciated.

**Pam White  
H911 Alkera Rd  
INVERMAY 3352.**

**Beware GR People,**

I had written a very innocent letter to GR, which was published under Feedback Linkup. Since then I have received quite a few kind replies and am trying to answer them all, among other things that are going on in my life at the moment.

I have also received a few 'GET RICH SCHEME' letters from people who have been roped into society's ways of making everybody think that money is the be all and end all of everything.

Although money is a very important part of our lives at the moment and we can't do very much without it, it is sad to see that even GR people still cling to the values that are so noticeable in the society that we are all trying to escape.

I would not like to see genuine GR people roped into this sort of nonsense, I was not looking for this sort of answer and waste of paper at all. Obviously these people just skim through magazines that have lists of names to try and make (or more likely to break) a fast buck.

I don't hold Meg or David or any part of the publishing at GR responsible at all for these people's interference. Happy regards to all.

**L Cahill  
378 Albion St  
W BRUNSWICK 3055.**

**Dear Grass Roots Readers,**

Hi! We are a large family of 8 — my husband Mick (31), Nicki (11), Ben (10), Sarah (4), Thomas (3), Jessica (2), and baby Bethany (5 months) and myself Dot (30).

We are asking for your help as we have nowhere else to turn. We have had to sell our home and will have to start again with nothing but our furniture. We NEED to find a NEW HOME for ourselves, but we can only afford to rent. A large home with a little land would be great as young children need a place to run. We would love to go to North Queensland as my family and I fell in love with that area on one holiday.

My husband is a truck driver and will try his hand at anything. Life in the city has not been very rewarding and we feel country life has more to offer.

I love to sew and have just learned to make home-made ice cream. We would love to try country life and if you could help us with a home for our kids and us we would be so grateful.

**Dot and Mick Wivell  
C/- 62 Fisher St  
OAK FLATS 2527.**

**Dear GR,**

I am writing on behalf of one of the local farmers in the Ballarat district. He has a berry farm on excellent soil in a pretty locality, amongst other orchards and it is only four miles out of Ballarat. However, he is getting older and not able to manage it alone anymore. He is looking for SOMEBODY (single or family) TO WORK THE FARM and go halves with him in sale of produce. He can offer free accommodation although his house is now very old and needs a good cleanout and interior re-paint. He would keep one room for his bedroom. The whole place needs lots of TLC as it's getting overrun, though there is lots of potential for a good worker. He grows raspberries, strawberries, veges and has chooks. Not interested in anyone who is into drugs or drink. Write to:



**Mr. A.E. Wilson  
RSD M588  
Hill View Rd  
BROWN HILL  
BALLARAT 3350.**

**Dear GR Readers,**

My husband and I (and expected soon baby) are planning to move to the SOUTH-WEST OF WA early in October when our high rental city lease runs out and Chris completes his nursing course. Can anyone help with a house to rent (pref with a few acres) anywhere in the SW near a hospital? Also does anyone have advice about STICK FAST FLEAS on chooks?

**Chris and Marg Wright  
46 Stevens St  
WHITE GUM VALLEY 6162.**

# Feedback Link-Up Feedback

## Dear Grass Roots People,

We have been reading Grass Roots for five years now and finally it is nearly time for us to make a move and look for our piece of land. Our last son finishes school this year and hopefully we can move before Easter 1987.

We are in our mid 40's and in good health, we grow all our vegetables without artificial sprays, fertilizers and poisons. Beautiful compost is the only additive to our soil.

We have a bus which is nearly converted to a mobile home for us. We will be heading south to visit relatives in Seymour, Melbourne and Mt. Gambier and then hopefully to Perth.

Are there people that want CARETAKERS FOR THEIR PROPERTY in an area close to the sea? We would be happy to look after a smallholding for up to a year. All we want is electricity and food grown on the property. It would not have to be too isolated as we will only have the bus for transport. We are clean people and good gardeners. We feel that a period adjusting to life on the land would be good for our adjustment back to a more natural way of life. Alternately if there is a family who wants a hand and can provide electricity and water in return for some work we would like to talk to them.

We are not into hard drugs or religion. I am agnostic, Coral a Christian. We are both social drinkers and whilst I am a vegetarian, Coral eats mainly white meats.

**Brian and Coral Abrahamson**  
27 Ceduna St  
LOGANHOLME 4129.  
Ph. 07-209-8125.

## Dear Agnes O'Donnell and interested readers,

I am writing concerning your letter (GR 59) criticising people for NOT IMMUNISING THEIR CHILDREN. You seem to have only taken in account one side of the argument. You mention the diphtheria epidemic of 1871, which I agree was devastating. But you then speak of the newborn babe who dies of general weakness, a fairly good sign that the other children mentioned were possibly nutritionally lacking also. It has been proven that lack of vitamin C causes inability to cope with infections. So if there is insufficient vitamin C to start with the system is wide open to infections.

Immunisations deplete vitamin C in the same way. A most valuable book to read on this subject is *Every Second Child* by Archie Kalokerinos.

What you suggest as being a slight risk (immunisation) I see as being a much bigger risk. The incidence of whooping cough and measles has decreased, but not necessarily through immunisations, although this is what the medical profession would like us to believe and follow along blindly. The incidence of whooping cough for example was already declining when vaccine was introduced.

I much prefer to strengthen my baby's system, rather than deal it blow after blow through immunisations.

You say it seems almost criminal not to immunise, I say it is criminal to immunise children without even taking into consideration whether or not there is enough vitamin C present to cope with this invasion, never mind the effects which may show themselves later in life as a result.

**A and L MacFadgen**  
PO Box 235  
NUNAWADING 3131.

## Dear Grass Roots Readers,

At the start of June this year, we will be travelling from the Central Coast (NSW), up to Cairns via the coast, across to Darwin, down to Broome, then Perth, Port Augusta, Adelaide, Mildura and up to Broken Hill. We will have our own caravan, will be taking four months, and there would only be the two of us. As we have just bought some acreage and would like to be as self sufficient as possible when we get back, we were wondering if anyone living a similar lifestyle would be WILLING TO LET US CALL IN on our way and discuss some of their experiences and any of the pitfalls of this way of life. We are very interested in organic gardening, and I do a lot of craft work. We are mostly vegetarian, don't smoke, and aren't into drugs. Any letters would be most welcome and all answered. Thanks everyone for a great magazine.

**Joan and Noel Johnson**  
9 Taloma St  
GOROKAN 2263.

## Dear Grass Roots,

Is there anybody who has been physically and psychologically addicted to cigarettes and given up? I'm a heavy smoker and have tried self-hypnosis, nicotine chewing gum, oral substitutes (cinnamon sticks etc.), plain ol' willpower and have done a 'Fresh Start' course. Four times I stayed in a beach-side caravan alone for a few days, I've gone through rituals of ripping up and stomping on my cigarettes, and I've tried being blasé about it, just ignoring myself for a while. They have all helped to some degree, but four hours/months later I ruin all my efforts. I don't need to tell you GR people my reasons for wanting to stop, I mean, you'd have to be pretty thick to smoke. I loathe what it does to me and everyone else, and what if I have a baby? I want to give up more than anything at the moment. I hate feeling like I have no control over myself in that regard, but I know it must exist somewhere in my deepest darkest depths. I've been trying to find it for so many years now my friends think it's hilarious! So, if anyone can empathise with me, how on earth did you give up? I've been thinking about acupuncture but fear it would be a waste of money. All letters would be greatly appreciated and answered, miracle cures most welcome! Love this mag, it's so honest, sensible, and interesting. Good health to you all.

**Wanda Ginnane**  
4/21 Riversdale Rd  
HAWTHORN 3122.

## Dear Editors,

I would like to bring to your attention a certain book I own, which I believe would be of great interest to your readers. The book is called *The Forgotten Arts* by Dorling Kindersley (9 Henrietta St, LONDON, WC2E 8PS) in association with The National Trust. The contents include: woodland crafts, building crafts, crafts of the field, workshop crafts, textiles and homecrafts.

The book is well illustrated and documented, with some period photographs -- A practical guide to traditional skills.

In GR 59 p. 67 there was an illustration for EUROPEAN WASP AND FLY TRAP by Sonja Dicker of Frankston, Victoria. In my experience of European Wasps -- and being English I have had a lot of experience -- the most common 'trap' is a jam jar with some jam in it. Knock a small hole in the lid with a pair of scissors or a fork. The wasp is most dangerous when attacked and not killed or when at the end of their 'season'. At this point they are very dozy and irritable and may sting anything. I remember watching one desperately trying to sting a loudspeaker (maybe it didn't like Barry Manilow). Be careful with dead wasps as their 'sting' is just as effective. Normally though a wasp is the same as any creature in this world, if it is threatened or thinks it is being threatened it will defend itself.



**John M Barnes**  
Unit 2/1 Alexander Ave  
MORNINGTON 3931.

## Dear GR Folk,

I am a 19 year old male currently travelling eastern Australia. Of late, I have been working for food and lodgings on organic farms in central Victoria and around Coffs Harbour. My contacts, so far, have been through family, friends and through WWOOF.

My aim in travelling and working is to gain experience and appreciation of as many agricultural systems as possible. My particular interests are permaculture design and wholesale herb farming. I intend to do a degree course in agriculture at Hawkesbury Agricultural College, Sydney starting in 1988.

I have transport and accommodation and I am a most willing and able worker. If there are any GR folk LOOKING FOR A RELIABLE WORKER between now and December 1987, please write, especially Tasmanians. I will be in Perth in January 1987, but with no transport. I have good mechanical knowledge, especially of cars.

Though I will be working on farms, I would like to meet GR folk, whatever their situation. Please write. I have a good letter-writing capacity, so all correspondence will be answered.

I look forward to meeting more like-minded people, soon.

**Ian Lett**  
16 Sewell Ave  
PADSTOW HEIGHTS 2211.



# Feedback Link-Up Feedback

## Dear Friends,

Hello to all the great people who read this wonderful magazine. Having read GR for five or six years now, I feel that I am part of a community, albeit one spread far and wide. From Tassie, to Perth, to the Tropics, we all share the same basic drive: to improve the quality of our lives and pursue simple and basic pleasures.

My own little part of Oz is a 1/2 acre in Woodend, Victoria (just a few miles north of Antarctica!) with a house, 3 cats and about as many dogs. Although not at all self-sufficient at the moment, the air is clean and it's a nice place to find peace and quiet without being too far away from the rest of the busy world. This magazine was a catalyst in my decision to move away from the 'Big Smoke' (Melbourne) some years ago.

I treasure the saying: 'Today is the first day of the rest of your life', and often remind myself of it. My 'life' involves mainly teaching music, restoring pianos, managing a small business and personal musical development. (Please drop me a line if you require help or advice regarding pianos.) In my 'spare' time I try to enjoy this beautiful world both on foot and by bicycle. The unspoilt mountains and the ocean give me a natural high without the need for tobacco, caffeine or other stimulants. Perhaps there is a lady out there who seeks friendship and sharing with an energetic and warm-hearted male of 26. Don't be afraid to reach out, all letters promptly answered.

**Eugene Willems**  
13 Mt. Macedon Rd  
WOODEND 3442.

## Dear Meg, David and Readers,

I am writing with a comment on the story FOREST FIRE (GR 59). I certainly agree with the article and the following story, and not enough can be written about how to survive in a bush fire, everyone needs reminding at least once a year.

There is just one thing which I think needs further discussion that is hosing down the walls of your house, a wooden structure yes, but if your house is brick or cement blocks, there was some talk after the fires at Melton Vic. that the water soaked into the brick and especially concrete blocks and when the heat hit the house the water turned to steam in the bricks causing them to blow to pieces. Maybe some comment from the fire authorities or other readers would help.

Would someone tell me what litharge is? (Page 75, GR 59 to stop leaks.) It is not in my school dictionary.

**Fred & Belinda Miller**  
Belrick Farm  
McMahons Lane  
SOUTH HEATHCOTE 3523.

## Dear GR Friends,

Hi, I'm a city-turned-country 16 year old, interested in breeding ANGORA and CASHMERE goats. Over the past ten months, I have managed to get a small herd of Angora Crosses together and a 10 month old Angora buck.

However, I am interested in breeding cashmeres to blend their fleece with the mohair, only I don't know too much about them or where abouts to get them from and for how much. So, if any kind readers out there have any information to share, it would be greatly appreciated! Please, drop a line to me.

**Trish Spooner**  
Wai-iti Farm  
Kalunga  
VIA HERBERTON 4872.

## Dear Grass Roots Readers

Being a single parent for the past nine years, since my marriage break up, decided it would be a good idea if we could start a SELF HELP GROUP for divorced and widowed single parents male and female, from country areas in WA

The idea is to pool our talents, be able to obtain good secondhand clothing cheaply, and hopefully hold camps occasionally for children and parents, and in general work towards a better life for us all.

I also have another request if anyone has any used stamps they don't want could they please send them to me and they will be put to good use.

**Pam Smith**  
Lot 4 Mooliabeenee Rd  
GINGIN 6503.

## Hi everyone,

This is my first letter to GR magazine, although I've met some nice people through their letters and picked up heaps of good ideas.

Anyway what this one is all about. I'm off on another adventure about April (if all goes to plan) to see as much of NSW, Vic., SA, and particularly Tassie as my old car will let me. (I'd love to go the whole lot but she is rather old and a wee bit tired.) So would like to hear from anyone who could offer A PLACE TO STAY in exchange for work and company. I'm into art, crafts, travel, farming, yoga, listening to as well as making music, nature, and generally just having a good time.

Letters from anyone with similar interests who might like to write would also be welcome. It's always good to make new friends!

**Belinda Dorey**  
8 Alkira Street  
COAL POINT 2283.

## Dear GR Readers,

I am a divorced lady (31) with two school age kids. I am living in Sydney northern suburbs, but would like to move out into a rural area. I would like to contact someone who is contemplating the same thing and wants SOMEONE TO SHARE a rented house with them. Maybe a sole parent or a single man wanting companionship. Someone around my age, non smoker would be suitable. I am a non smoker who likes outdoor life, gardening, sewing, knitting, spinning, and assorted crafts, I love animals especially dogs and donkeys.

I hope one day to find Mr. Right, and buy a small farm, but until then it would be nice to find some friends with the same hopes as me. So if you live in Sydney and just want a friend, I would like to hear from you.

**S. Rushworth**  
87 Duffy Ave  
THORNLEIGH 2120.

## Dear Readers,

Greetings from Tasmania! A special hello to all the GR friends and pen-pals we've made since I last wrote in GR 54. We had an absolute flood of letters in reply, so many people are interested in moving to Tassie. Some have since arrived and are enjoying life here immensely (hi Moira and Mike!).

We've been here two years now, have put down roots, made friends and feel very much at home. Only wish we'd done this years ago! Real estate prices have gone up considerably, due no doubt to the influx of mainlanders like ourselves.

We hope to start building our house soon, would have done sooner, but we bought the 25 acres adjoining ours — plunging our savings back to zero. So as we face our third winter in our cabin, I can't help but wonder just how many others around us have trodden the same path and are doing the same thing. I'm curious to know if there are other mainlanders who've moved to our area in the last year to two. Wouldn't it be nice to get to know one another, maybe even to form a support group to help other 'new-chums' to our district. We know how hard it was, not knowing a soul, or our way around. So if you're interested, or just want to say 'hello', please write.

Cheerio to the Irvine, Perry and Bailey families.

**Jenny & Noel**  
Box 123  
RAILTON 7305.

## Dear Readers,

I wonder if anyone knows of any successful treatment for BURNING FEET SYNDROME? After numerous visits to doctors and specialists I have been diagnosed and told 'we don't know what causes it and we don't know how to treat it'.

It's more than just burning feet — shooting pains in toes and feet, very sensitive to pressure, generally painful, and getting worse. Sleeping is difficult, I've already lost much of my mobility and in those darker moments I can see myself continually eating painkillers and/or in a wheelchair. Any help would be greatly appreciated.

Best wishes to all grass roots people — may you find happiness, fulfillment and peace.

**Doug Baker**  
99 Clipper St  
INALA 4077.

# Feedback Link-Up Feedback

## Dear Grass Roots,

The boom from the small cannon leaves a plume of smoke suspended in the early morning mist. Soon more smoke is rising from rekindled cooking fires as the inhabitants of the camp rise from their tents, lean-tos, tipis and other canvas shelters. On the outskirts of the camp, roped off from the spectators, large sawn tree trunks mounted on tripods are used for axe and knife throwing contests. Men, women and children set about preparing breakfast, for appetites are healthy after last night's dancing to fiddle music.

You can see at first glance that this is no ordinary camp, with the women in long dresses and men wearing drop-sleeve shirts and various Frenchfly, narrow and broadfall trousers or breeches. The children wear similar clothing, though somewhat grubbier. You could not be blamed for thinking that you had stepped back in time to the year 1840.

In a way that's exactly what has happened. These people, singles and families, come together for weekends and holidays for the enjoyment of going back to a more primitive, basic way of life. They may call themselves BUCKSKINNERS, BACKWOODSMEN OR HISTORICAL RE-ENACTORS, but they all share the same love of old things and old ways. Dressing the part, using the old household tools and learning to use the old weapons are all part of the experience for men and women alike. By doing this you develop and share new skills and become more independent.

Don't get me wrong. I don't mean that this is the only way to go, but I do know that it's great for me to be able to slip on my pack, pick up my gun and survive in the bush just like my forefathers did. And it is open to anyone. Of course, not everyone finds the same satisfaction in making all their own clothing and equipment, or has the skills to do this special handcrafting. There are plenty of suppliers of colonial — Australian or American — or regimental articles, here and overseas. You can join an existing club or start one to suit your own needs. If you want more information about suppliers or existing clubs, please write.

**Keith H. Burgess**  
**'Wychwood'**  
**Boorolong Rd**  
**ARMIDALE 2350.**

## Dear GR Readers,

I'll be travelling throughout Australia for the next couple of years and would appreciate hearing from any readers. I am very interested in ALTERNATIVE HOUSING AND POWER SYSTEMS. As a qualified motor mechanic and being involved in the building industry for the past few years I would consider myself an asset to anyone who is preparing or in the midst of building their own home. I have my own self contained van and an extensive range of tools. Food and place for my van is all I'll be needing as I'm after experience in all aspects of alternative living not wealth.

**Brian Berger**  
**56 Emily Street**  
**HURSTVILLE 2220.**

## Dear Hope Dutton,

I read your letter in GR 59, on page 13. Especially the last paragraph which refers to the relief you have had, from TAKING GARLIC. Unfortunately, the address you gave, was incomplete, so I have had to write to you through Feedback. I hope this letter catches your eye, and hope to hear from you.

The information I would like, is in what quantities and how often, do you take garlic? Also do you take anything with it? I have a complaint called Motor Neurone, caused originally by a back injury, which damaged the spinal cord. I use a walking frame, to get round the house. But sometimes the pain in my back is so severe, it's almost impossible to lift the walking frame and move it forward. The doctors say Motor Neurone is comparatively painless, and it's arthritis causing the pain, and all they can do for me is give me pain killers, which do not help much. Since reading your letter, I have been taking about a teaspoon of garlic with every meal. I am fortunate in that I have never suffered from cold sores, and seldom get a cold. I agree with your remarks about caring, and sharing, and long term friendships. I believe, after 83 years experience, we will never lack friends, if we never do to them anything we would not like them to do to us.

**Fred Buckland**  
**19 Atoll St**  
**SAUNDERS BEACH 4816.**

## Dear Grass Roots

It must be quite a few years since we bought our first GR magazine, and we have gleaned many good ideas over that time.

We appreciate the sharing of ideas, beliefs and experiences. Having recently moved from Queensland to north N.S.W. we are just getting to know a few people in the area. We have 40 interesting acres and are busy getting our winter garden prepared, organic of course! We run a natural healing clinic and a diet of organically grown food plays a large part in our treatment. We hope to make people more aware of what it means to live at 'high level wellness'. To us this includes physical, mental and spiritual balance. We feel that to get our spiritual batteries recharged we need a complete day of rest every 7 days, and what better day than the one put aside for us by God at creation?

We would love to hear from anyone who shares or is interested in our views.

**Pam and Don Gray**  
**C/- Post Office, Bentley**  
**VIA LISMORE 2480**

## Dear GR

Thanks for a most enjoyable magazine. It's great to know there are so many people who do have some understanding of nature and the value of the simple life. Would that there was more understanding of the DETRIMENTAL EFFECT OF ALL CHEMICALS upon human health, but it seems difficult for many people to connect up their chronic health problems with everyday environmental factors — town tap water, highway living, commercial crop spraying, prescribed drugs and so on.

If only we could throw out all household chemicals — (we can); avoid drinking chemical-ridden water — (we can); choose to live in unpolluted air away from carbon monoxide fumes, lead, commercial crop areas, industries — (we can); give up all medical drugs and treat our bodies with aloe vera and other herbs — (we can); wear non-synthetic clothes — (we can); grow our own bio-dynamic or organic veges, eggs, milk etc., — (we can); live in tune with nature and not make life hard for Her and ourselves — (we can). Yes, we can, and how much healthier our bodies, clearer our minds, and freer our spirits if we do.

Best of luck to all those out there who are succeeding in attaining a more natural form of lifestyle. It may appear to be more trouble but it's a lot more fun, more nourishing and puts real meaning back into life.

I'm not there yet — only as far as my present fettered existence allows — but have the conviction so strongly in my head and my heart, that I feel if I don't break my chains soon I surely must burst.

**Pam S.**  
**RAYMOND TERRACE.**

## Dear Saints,

I commend Alice Griggs for her appeal of compassion for less violence in the world against people and animals. Many who abhor any kind of violence choose a completely non-violent and vegetarian lifestyle, but in a practical sense we have to come to terms with the need for culling livestock no matter how distasteful.

In regard to the statement that Jesus never ate flesh and advises us to be vegetarian, my reply is that nowhere in scripture am I aware of being forbidden to eat meat. The scarlet thread of atonement is seen throughout scripture which revealed the holiness and forgiveness of God by the sacrifice of lamb culminating in the sacrifice of the 'Lamb of God'. Jesus lived under the law of Moses which listed all the 'clean' animals which were available for meat. After Christ's resurrection he ate flesh to show that he was real and greeted the cold and hungry fisherman on the foreshore with a warm fire on which he cooked a meal of fish.

St. Paul calls for tolerance: we are not to judge others on the observance of holy days and the eating of meat and drink 'The Kingdom of God is not meat and drink but righteousness and peace and joy in the Holy Ghost'. We would do better to realise this close relationship between holiness and health as they both are derivations from the same Greek word. Jesus restored to wholeness in body and spirit all who had faith in him. 'And the peace of God which passes all understanding shall keep your hearts and minds through Christ Jesus.' Philippians 4:7.

**Bruce Albistow**  
**'Cosy Possum'**  
**Lot 6, Old Warburton Hwy**  
**SEVILLE EAST 3139.**



# Feedback Link-Up Feedback

## Dear Friends,

Hello. I first wrote about 12 months ago, feeling somewhat depressed and not sure which direction to go. There were many kind people who wrote to me, and I sincerely thank them. I am a very erratic writer (mostly because of lack of money to pay even for the stamps)!, as they well know and I apologise. Now things are better, in fact progressing quite well. I was diagnosed as hypoglycaemic early in July last year, and it has taken until now to see results. It's rather like turning on a tap. There is life, even in the city! I believe very strongly in progression and have faith that there is 'something' guiding me. I believe one has a 'life' lesson to learn and we might struggle endlessly to achieve that goal. I'm still not sure what mine is but I think it's basically letting go of things, be it objects or people or time. I think I am progressing with the support of my friends, and especially my Augustine friends.

I'm now in a house, with more money to spare, having a part-time job and doing house cleaning. I wasn't going to pack it in and live on the dole. It was a struggle, paying off a car even now. But now things are in better proportion, and are more achievable. I don't set impossible goals. I love the job I'm in, working in a big public hospital. I also believe taking B6 and less sugar has done wonders with my PMT. I definitely now believe there is a link between what you eat and your emotional well-being. There are still a few things to solve but it's nice to feel less mania about things. I had a lovely letter from a lady in Adelaide, who didn't give a name or address. I strongly advise anyone who is depressed to check themselves out for hypoglycaemia. It is well worth it. Find a doctor who is sympathetic towards it. One thing I am tired with is the lack of understanding people have with this. I am tired of explaining it's a health diet and not the other kind.

One other problem I have been dealing with at this time is my mother. She has Alzheimer's Disease and I'm watching her slowly wilt away. Please, let's spare more thought for older people. She has been sitting in a hospital bed, through no fault of her own, for over three months. First of all trying to find her a nursing home bed (one which has a decent quality of life) and now trying to rid her of the golden staph infection! I keep thinking sadly (as is the norm) of all the times I could have listened to her and didn't. Now she barely knows who I am. Seeing her nearly every second day drains energy and emotion from me. But I refuse to let her languish in a hospital room with no company, no therapy, very little to do (she doesn't read anymore) and I'm not happy until I've checked that she's alright. With so much demand for so few beds, when are elderly people going to be recognised? Who listens to an old lady who can no longer fend for herself and relies totally on others? It's just not fair. Elderly people should be allowed some dignity. All I can say is that we should think a little about this situation for it will come to us sooner or later. Then how will we feel? I just keep praying that my mother will soon find a bed.

Anyway, to end on a happier note, I hope 87 is a good year for everyone. My situation is better now than last year, yet last year's situation was better than the one previous to that! There is progress, even if you don't see it at first. There was a friend in Perth or WA who rang me while in Melbourne, and another in NSW whose address I lost. If they read this, I would like to hear from them.

**Jenny McLean**  
20 Kawarren St  
NORTH BALWYN 3104.

## Dear GR Readers,

Is there anyone looking for accommodation and meals in RETURN FOR HELP inside and out on our busy goat dairy and stud? My husband, 16 year old son and myself need some nice person to cook the evening meal and keep the house a bit tidy and help bottle feed kids when needed. Our really busy time is from July to December when it is kidding time, but it is a permanent home if you like it here.

We breed ANGLO NUBIAN & SAANEN GOATS, and we also show them, so anyone interested in learning all about goats would find this very interesting. We have a small caravan at the side of our home for your own privacy, but you would be treated as one of the family. We live on the Mornington Peninsula, not far from Frankston.

Hope to hear from anyone interested.

**Sandy Green**  
77 South Boundary Rd  
PEARCEDALE 3912  
Ph: 059-786-329.

## Dear Meg and David,

I was wondering if any readers have a HOUSE, shack set on a FEW ACRES TO RENT. Maybe with an option to buy later. At present I am looking after a property for the National Trust, I am used to bush life and would like to start a hobby farm. There is myself female 47 years and my grandson 6 years. We have lived in the same area for 6 years so we are not drifters. I don't drink, or take drugs, I do smoke, down to five a day.

Our job here is finished in four weeks and we don't want to move into town again because all my grandson asks is when are we going to get our farm. I will answer all letters sent also reimburse all postage. Do hope someone can help.

**Elleen and Paul Williams**  
PO Box 1776  
KATHERINE 5780.

## Dear Parents,

I feel the decision to have your child IMMUNISED is governed by FEAR not reason. After reading what Agnes had to say in GR no 59 most people would have no doubt immunisation is a good thing. Did anyone wonder what that family's diet was like, or maybe what the grandparents' diet was like. Don't forget our ancestors were so ignorant, they were dying from beri-beri and such diseases, simply because they didn't realize you had to eat fresh fruit and veges.

Today the fresh fruit and veges you buy in shops do not supply your body with essential nutrition. Your immunity system can not work and if you don't get immunised you suffer. Unfortunately, by not letting your immunity system work, it gets weaker — plus it has to suffer the effects of anti-biotics — the side effects of anti-biotics are the weakening of the immunity system.

Doctors have taken it into their hands to say 'We feel more good is being done than bad'. Now we have AIDS and doctors say 'This disease has come from Africa'. If our immunity system had not been tampered with perhaps we could fight AIDS. How many children today could survive without anti-biotics or immunisation?

Are we really progressing? Is medical science doing the right thing for humanity? They know very little about disease. A friend of mine lost her 7 year old with cancer. The doctors explained — her immunity system has just stopped working and we don't know why!

My advice is grow your own food ORGANICALLY — eat a majority of fruit and veges (raw). Stay away from doctors.

What condition are our children's children's immunity systems going to be in? No doubt they will be completely dependent on the medical men. Are we degenerating as a race? Or is medical science doing wonders?



**Leonie Perrett**  
Mt Mallay  
C/- PO  
JULATTEN 4880.

## Dear GR Folks,

I have been interested in ALLERGIES that come from eating milk products, such as — eczema, asthma, excess mucus and so on. I found that the product 'Chlorophyll' taken after eating a milk product worked, now I have come across a company operating here in Qld., Brisbane to be exact, who produce some food lines in packets that store for up to 2 years. If you buy in bulk it's delivered free to you. They produce lovely ice cream, all you do is prepare it as instructed and whip up with a egg beater and put in the freezer (fruit added to it is lovely). Also a milk alternative made from whey, low in calories and fats and it works with allergy problems. Soya milk worries me as the anti-fungus chemical sprayed onto the soya beans must come through to the milk so if anyone is interested in learning more about these products just send a self addressed, stamped long thin envelope to me and I will send you a brochure, a order form and if you want a membership form for cut prices and then you can send the forms off yourself to the company and deal direct with them at wholesale prices. The company doesn't operate from food shops. Happiness to you all.

**Rowena Mahe**  
MS 368  
Bungadoo  
VIA GIN GIN 4671.

# Feedback Link-Up Feedback

## Dear Readers in F.N.Q.,

We are a mature, nature-loving couple that 'shipped' out of high pressure Sydney about seven years ago and have been moving north (and shedding possessions) ever since!

We are at present situated just north of Cairns, under the trees near the beach with what are 'essentials' at the moment — four wheel drive, caravan, annexe etc. We sell jewellery at weekend markets and spend the weekdays fossicking, bush walking, yoga and meditation thrown in for good measure. Half your luck you say! Well, the developers have caught up with us once more and bulldozers and piledrivers prevail. So here we go again, looking for that very spot and every time the act is harder to follow.

Have any of you like-minded people got a 'site' on your farm, spread or community where we could blend in with the greenery? Any place within reasonable driving distance from CAIRNS and reasonable driving distance from water would be just fine thank you.

Rent, work, caretaking or whatever is fine by us. We don't have any cats, kids or canines and we'll respect your privacy like our own, we do not pollute and are completely self contained (generator, bush toilet, solar shower etc).

We'd greatly appreciate your response.

**Liz and Bill Hands**  
GPO Box 2029  
CAIRNS 4870.

## Dear Grass Roots,

Thanks for a great, informative, interesting and educating magazine.

I am 19 years old and have just recently moved to Victoria from Darwin, where I lived for most of my life. My sister, my boyfriend and I are looking for a PROPERTY preferably in the area along the coast BETWEEN WARRNAMBOOL AND ANGLESEA. Ideally it would have fresh running water, good soil and consist of about 50 acres. It would not have to have a house, electricity or telephone. We would like to move about October 1987.

My sister, Caroline, has cleverly designed a mud brick home. We all love clean wholesome living and are vegetarians. So if anyone could please send details of land prices in this area or some other beautiful places in Victoria we would be most grateful.

**Kathleen Denigan**  
Four Posts Hotel  
JARKLIN 3517.



## Dear Editor,

I am writing to you for information on COMMUNES IN WEST AUSTRALIA. I would like to visit some if possible, and am wondering whether there are any in my area — Northern, York, Toodyay, Beverley. I have heard of a commune called 'Bailing Up', in W.A. but do not know where it is. Local people never seem to have much idea of this problem.

I would also like to contact the people who tried to save wild seals, recently, from being taken to a marina north of Perth.

I would be grateful for any assistance.

**J. B. Croawell**  
C/- York PO  
6302.

## Dear GR Readers

We are a family of five, Alan (35), Tess (29), James (5), Pip (3) and Polly (6 months). For many years we have visited the beautiful area around LISMORE-MULLUMBIMBY-MURWILLUMBAH but now we have the opportunity to buy . . . but where?

Last year I, (Alan) resigned from teaching after fourteen years with the NSW Department of Education. Tess my wife is a nurse of handicapped children. To help us make a better decision on where we would settle we would like to live in the region for a while. If you require responsible people to look after your place for a reasonable rent please contact us. We can provide references, have had practical experience of farm life and enjoy gardening and caring for animals.

**Alan and Tess Noble**  
13 Murrell Place  
FLYNN 2615.  
Ph: 062-581-685.

## Dear Grass Roots People,

I have been reading your magazines now for three years and I love it. My husband (Phillip) and I (Elaine) had talked and dreamt about getting out of the city (Newcastle) and onto a farm for years. Eighteen months ago Phillip's uncle and aunt offered us a chance to move onto their property and build a house. Their property is in the beautiful Watigan Mountains, and we are only 12 kms from Toronto on Lake Macquarie. Phillip and his brother Ross, built the house; by spending all their free time over a year on the construction, the house was at a stage where we could move in (Nov 86). Lots of work still needs to be done but we will get there. Our family consists of ourselves, Dale 10 and Carley 3, two cattle dogs, Captain and Bess, two 6 month old nanny goats, Jilly and Molly and Cinders the cat. The peace and quiet is wonderful after the noise and pollution of the suburbs.

I have seen kangaroos, wallabies, goannas (or some type of large lizard), my first snake, and a flock of black cockatoos live nearby.

I have a question to put to your readers. We are proposing to build a large shed. The children want some horses and I want chickens. My idea was to divide the shed into various sections for the horses, goats, chickens and a storage area for feed. Now I've been told this is not a good idea, that MIXING ANIMALS under the same roof will lead to diseased animals. The shed is mainly to house them during cold winter nights and storms. I would like to hear from readers who have tried this. Would we be better to build separate sheds for different animals? How do I design a food storage area that rats and possums cannot get into? My other query is, does anyone have a recipe for a HERBAL FLEA RINSE or shampoo that I could use for the dogs and goats and cat? I like the herbal flea collars available but it works out a bit costly when you buy five at a time. Any help and advice would be greatly appreciated and letters will be answered.

Goodbye from all of us and keep believing in your dreams.

**Elaine Smith**  
C/- PO  
TORONTO 2283.

## Dear Grass Roots Readers,

I write in reply to several GR readers who have indicated their recognition that there is 'something' other than the physical existence and their own need for SPIRITUAL SPACE. 'To have your own space first give others theirs'.

If we consider ourselves as soul in a body, as a person is in a car, then things take on a different perspective, everything has a state of consciousness and on this planet the human consciousness is the last evolutionary stage but the first spiritual stage because humans have freedom of choice to create their own world. Few realise that all we are today is the result of our actions and thoughts of the past.

The name God conjures visions suitably acceptable to the observer, this is why ancient writers used names unrelated to the above, Sugmad is one such name from ancient Chinese writings, Hu is the name used by the Vairagi masters, all are relative to one's degree of understanding.

The studies of Yoga and like disciplines can be taken to further realms if one follows certain exercises.

Sit in a firm chair or on the floor, in the semi-Lotus position or whichever is comfortable and in quiet surroundings. Close the eyes and look gently into the Tisra-Till, spiritual eye, located just below the eyebrows and behind the eyes, relax and start singing in drawn out breath either HUUUUU or Sugmad (pronounced Hew, Hoo, Soogmud, Soogmod), whichever is comfortable. Sing 12 times, then relax; breathe easily 12 times then repeat, continue for 20 minutes to ½ hour, no longer. One can find inner changes and start to differentiate between oneself as person/-thought and oneself as soul. One can hear the sound and see the inner light of Sugmad.

On the subject of creativity, should you seek to create something, first picture it fully in your mind, construct the relative emotions surrounding the creation, write down your ideas, draw plans keeping it in your thoughts then release it to soul. You may find in the near future your creation will miraculously appear, it may not be exactly in the form you created but it will be what you need for the benefit of the 'whole'.

If anyone would like further positive discussion or some reading on the subject please let me know.

**Roger McDonald**  
4 Stanley St  
WALLAN 3756.



# Feedback Link-Up Feedback

## Dear Readers,

I would like to say THANK YOU to all those kind people who sent me recipes for damper. As there were so many letters and some didn't include their name and address, I was not able to thank them personally.

It is also inspiring to read in your magazine of so many people, like ourselves, endeavouring to grow their own fruit. In spite of our district the Goulburn Valley being one of the largest fruit growing areas in Australia, we are unable to buy a fully ripened peach or apricot in the shops or from the orchards. We continually see fruit that is picked too early, still green in colour and hard as a rock. Any of good quality is sent to Melbourne Market or the canneries in Shepparton. Workers at one cannery told us that the best quality fruit is selected and canned separately, for export to Japan or the interstate market and the home state receives those cans which contain the left-over, 'un-ripe' fruit. Being middle aged, I can remember what it was like to bite into a lovely red, juicy peach, but the new generation is being so brainwashed, they may begin to think ripe fruit is green. One cannery even has a slogan on its kitchen reminders boards 'The Best Fruit is Firm Fruit'. Their idea of firm is that it is picked so early that the birds haven't had time to discover it, but they don't think of the consumer's stomachs. Un-ripe fruit is known to be a CAUSE OF KIDNEY DISEASE and I wouldn't think the caustic soda they use, to take the skins off fruit, would do us much good either, even if it is only in minute quantities. They spray the orchards behind our block approximately 3 days a week, in spring and summer with a huge machine the size of a Centurion tank, the roar of which can be heard a quarter of a mile away. So our motto is 'GROW YOUR OWN'.

**Royle Stevens**  
PO Box 11  
SHEPPARTON EAST 3631.

## Dear David, Meg and all GR People,

I am writing a word of warning to all who may have had letters in the February or April issues of *Grass Roots*.

My last letter was printed in February and within a few weeks I received a printed five page document urging me to buy four reports for five dollars apiece. These reports would tell me how to make \$250,000 (yes ¼ million) in three months by selling copies of these reports to other people. I urge anyone who got one of these DOCUMENTS to either throw it out or SEND to the CONSUMER AFFAIRS department in your state. The fact that they ask that the money for each report be sent in cash is suspicious enough, but I know that a similar scheme which used the employment columns of the newspapers to attract people has been exposed as a rip off and is under investigation by Consumer Affairs here in Victoria.

The reason I am writing a warning to all my friends at *Grass Roots* is that I feel that the person responsible for sending me this rubbish got my address from the feedback link up section. I've contacted David, and he told me that he'd also received a copy which tends to add weight to my suspicions. Remember, everyone, there is no such thing as a quick buck, especially when honesty is of importance to one, so save yourself \$20 by ignoring the letter if you've got one, please!

**Vicki Judd**  
5 Hakeville Ave  
NUNAWADING 3136.

## Dear Grassrooters,

Thanks to Meg and Co for the hard work in maintaining such a helpful magazine. I love it. Currently I'm living and working in Perth and am glad that GR is in the west. The information I have to share concerns those with WEIGHT PROBLEMS and anyone wanting improved health. After some skepticism a friend got me started on a herbal supplement to my diet and the results have been fantastic. Being a nurse I don't handle the shift work too well usually, but since using these Herbalife products I've noticed an overall boost in my health. The products are all 100 percent blend of herbs and I've shared them with friends and all have raved about them impressively. If there are any GR's interested in further information, please write or phone to:

**Tony**  
1/66 Hastings Rd  
SCARBOROUGH 6019.  
Ph: 341-2335.

## Dear Editor,

The main reason I am writing to you is firstly I would dearly love to get one of the old time HAND OPERATED GRAIN CRACKERS.

We had one on our farm when I was young which had a hopper which would hold about 2 buckets of grain and would break up the grain from half to literally a coarse flour depending on how you adjusted it. We used to make our own porridge meal from corn, wheat and sorghum, and also all our chicken feed from whole grain. Primarily I would use it nowadays to grind my own porridge meal.

Secondly I wish to advise that I have about 1000 ALOE VERA BARBADENSIS plants in containers. I started off with about 6 or 8 adult plants obtained through my herb club exchange arrangement and the number now is totally due to natural propagation. I have proved beyond any doubt that the gel from a fresh leaf is the only thing to use when one suffers a burn either from dry or wet heat, providing it is applied within minutes. I would be selling them cheap at \$50.00 the lot plus freight. Any reader interested? Or can they help with grain cracker?

**H. Burns**  
11 Cater St  
BRACKENRIDGE 4017.

## Dear Penny,

I was very impressed by the same program as you so much so I sent away for info on it and received a letter in return with all relative info. I haven't done anything further about it as the land I bought is forest country not pasture as was in film so I thought it wouldn't be relative to me. Apparently you can buy the matured manure called something 500, stir in clockwise and anti clockwise motion and spray on the full moon.

I've had the Forest Dept. in and said everything was alright except too much leaf litter and advise me to split the land into three and burn one section each year in turn so I have three different areas of leaf litter in case of fire. Last winter I lit my first fire with permit for three o'clock in the afternoon, it was supposed to go out, but it didn't and got into neighbours. I'm still not popular although the rangers came and said it was a good job as it didn't do any damage but if it happened in summer the trees would have been damaged and sent out suckers from the bottom and bugged up the timber value of the tree, so I did the neighbours an accidental favour but they don't appreciate it. When the neighbours don't look after their land, summer comes, a fire starts, gets into the canopy and moves through my property and I lose all my timber, (also I have bees) through no fault of my own. I find this very unfortunate as I live the grass roots ways to be positive but find negatives. The positives outweigh the negatives.

**Vic Groves**  
'Kilderry Groves Wood' MS 897  
RAVENSBORNE 4352.

*The Victorian farmer featured in the 'A Big Country' program 'A Winter's Tale' is called Alex de Podolinski and his address is: C/- PO, Powelltown 3797. If you write to Alex giving details of your particular interest, he may be able to direct you to a bio-dynamic farmer or gardener who lives near you and operates in your particular field. You can obtain some of his notes, published in book form, by writing to: David Wansbrough, Gavemer Foundation, 83 York St, Sydney 2000. There is a small charge for these to cover printing costs.*

## Dear Readers,

Any non-smoker, non-drinker, non-drug taker, vegetarian wanting to SHARE old FARMHOUSE on 600 acres with one other? The location is between Gloucester and Taree, the house is no palace but the person would have their own room (with electricity) and limited use of tank water (hot water system). A river runs through the property and is a beautiful spot for a dip, canoeing or just watching the ducks. Lots of quiet places for solitary thought, bushwalk, talk with the horses, start your own vegie patch. The land is hilly to mountainous and a great place to get fit. There wouldn't be any obligation on the person to any sort of work, and I could not afford to pay for this. No guns or killing allowed on property. The person would be required to pay their share of costs or expenses. If this sounds like you phone me for a chat.

**Leigh**  
PO Box 278  
NEWCASTLE 2300.  
Ph: 049-24345.

# CROFTING IN SCOTLAND

In past issues we've shared the simple life with people from all around Australia as well as some Third World countries. This time we visit Scotland, where the traditional self-sufficient lifestyle is not an alternative but the only way centuries of small farmers have been able to survive. A crofter's life is hard but honourable, on land passed down from generation to generation, but sadly it is becoming an anachronism in modern day Scotland.

by Jenny Grant, Glen Patrick, Victoria.



Crofting or self-sufficiency is a traditional lifestyle in parts of the United Kingdom, and not an alternative. It evolved of necessity from the earliest hunter-gatherers turned agrarian when great tracts of land were granted by royal decree to the aristocracy loyal to the throne at the time. (The croft I shall use as an example is part of a large estate which was granted to the family who owns it by King Robert The Bruce in the 1300s.) The hunter-gatherers/farmers of the time were given specific plots of land on these estates and were not permitted to hunt or fish except for the laird (land baron) and his family, so they were forced to grow whatever food they could and sometimes supplemented it by poaching when they were desperate or just for the fun of it, though the penalties were severe! A feu or rent was paid by the peasants in earlier times in the form of farm produce and later in money, for protection and tenancy. Peasants too were expected to reciprocate and protect the laird and his family should the necessity arise.

Rents today for crofts, which are usually 20 acres or less, are very low by comparison with ordinary accommodation in town or country.

An interesting aspect of the croft is that legally the right to farm it belongs by heredity to the family maintaining it; often crofts have been held by these families for centuries.

Because of the Crofters' Act it is therefore difficult for

lairds to remove crofters, but if they can show just cause (sometimes economic problems), crofters can be evicted as any other tenant.

We were surprised to find that tenant farming is not uncommon in Scotland. These farmers were probably crofters once but without means to buy their own land and no crofts available, they are working for wages in much the same way some farms are managed in Australia. However, one feels a certain dignity is denied them, since the farmer himself no longer has the decision making or the motivation to procure his family's subsistence. It seems that the wage thwarts the natural creativity and enjoyment of life of these farmers in contrast to the crofters.

During the Highland Clearances in the 1700-1800s, thousands of crofters in Scotland had their homes burnt around them when some lairds decided that sheep could be a more profitable and less labour intensive pursuit! Many of these people, starving as they were, crossed the Atlantic in only what they wore, to settle in Canada and the United States of America.

In more recent times, particularly in the last 30 years, crofts and crofters have been rapidly disappearing. The crofters have been hard pressed to survive in isolated areas, where their children must often attend schools far away, after which they may leave home, lured by the promise of affluence



Sheep grazing at the foot of craggy mountains on the west coast of Scotland. In this country our neighbour Alasdair was brought up and he and his father shepherded their sheep here during the summer months.

in the North Sea oil cities.

The aristocracy, pressured by high taxation, and in order to maintain their standard of living, have sold off or rented croft cottages to wealthy English, American, Dutch, German and Saudi Arabian tourists as highland retreats. Many a lonely, derelict stone cottage, which perhaps lacked comfort enough even for the occasional holiday maker, may be seen scattered among the hills and purple moors.

A traditional and honourable way of life is dying. The surviving crofters are subsistence farmers who face a formidable task year by year to keep body and soul together. The village markets they once served have, to a large extent, become tourist resorts in summer and veritable ghost towns in the harsh winter time. Markets are now located in the more urban regional centres, necessitating the transport of stock and produce by truck, at a cost not able to be met by the crofter. The days of shepherding a small flock of lambs on foot to market in autumn have sadly passed.

One golden morning in summer Alasdair, a farmer neighbour and friend, took us to 'his own country' on the west coast of Scotland where he was brought up on a croft. His country was rugged down to loch and sea-shore and utterly beautiful in the clear sunshine. Craggy mountains, grey with patches of green bearing the white dots of grazing sheep. Further up, the white crystal of snow on peak and crevice, where even the summer sun cannot reach.

These were the mountains where he and his father would take their modest flock of black-faced sheep for summer grazing. They were often away for several days making rough shelters against the cold nights, and when they found a suitable grazing area they would leave the sheep there for the summer and collect them again with their grown lambs as autumn drew on.

Alasdair is a crofter still and says of his boyhood that life was 'hard' in many ways. Though, judging by his robust good health and sense of humour, it didn't do him any harm!

Lack of electricity and the many comforts most of us take

for granted bred strong family bonds, and in his case a love of the land and farming which could not be put aside, when most people of his years would be thinking of retirement.

We were touched and amused by his numerous stories, including an account of how as boys they would hang their bicycles on hooks outside the window after attaching vanes to the spokes; the wind would then turn the wheels and power the dynamo to operate a light by which they could read their comics! The winter nights are long and dreary and perhaps this helped foster the creative and inventive minds of children.

Incomes on the croft are supplemented, on the mainland at least, by work 'outside' with the Forestry Commission, Roads Board and sometimes domestic or maintenance work for the laird and his family.

On the more remote islands, where sheep are the mainstay since so little can be grown due to adverse weather conditions, many people are maintaining or reviving the beautiful and traditional crafts of old. These are sent to Inverness in the north of Scotland, to the Highland and Islands Co-Operative for sale in their shop there. Tourists from all over the world pay well for some of these items, which include handspun and knitted shawls in traditional spiderweb pattern — so fine that they can be enclosed in one hand! The Americans, in particular, commission jumpers, handspun, knitted, and dyed with indigenous plants which vary from island to island. The colours and tones are at once vibrant and subdued and the garments paint a picture of the landscape.

The need to supplement island incomes becomes quite clear when it is realised that most of the smaller islands are treeless, so even fuel for the fire must be brought in by boat. The conservationists blame the advent of sheep in the 1700s for the loss of the natural timber.

The croft I wish to tell you about is located in Glen Fincastle near the village of Pitlochry in the centre of Scotland, surrounded by heather covered hills, marked by ancient stone rings and forgotten castles, and farmed by



A group of curious Scottish Blackface sheep come to the fence to see what we're doing. Although originally descended from English stock it is in Scotland that they proved of major economic importance. As a breed they're exceptionally hardy and thrifty with the long, coarse textured fleece equipping them well to endure the cold Scottish climate.

Balavoulin Cottage, Glen Fincastle, in the centre of Scotland where we lived for a year or two and came to appreciate the simple, hard but satisfying lives of nearby crofters.



friends who are both stoical and full of good humour.

Cinders, alias Cynthia, and Shug, Gaelic for Hugh, farm their 20 acres of hillside with the help of their son Matthew, and with great gusto. They were an inspiration to us when we lived nearby for a year or so. Their hard work, endurance, range of skills and general enjoyment of life helped us decide that this was the lifestyle we should try to attain.

Surrounded by farmers spraying pesticides, feeding antibiotics to their beasts and so on they firmly and without antagonism, adhere to the organic principles of farming — and succeed!

They run a flock of about 30 black-faced sheep, a few beef cattle, lots of poultry, domestic and wild, Honey, their beautiful Jersey milking cow, a couple of dairy goats of indeterminate origin, and also Shetland ponies, and Highland cattle for the tourists.

Somehow they are able to grow all their own food for animals and selves, including substantial crops of turnip and potato for winter feed when most of their stock is kept in byre and barn.

Home is a grey stone farmhouse, Drumnagowan, perhaps

200 years old, with barns and outbuildings sufficient to their needs and those of summer visitors, of which they have many.

Not the least of these are WWOOFers (Willing Workers on Organic Farms) from all over the UK, Europe and even Australia, who often meet at Drumnagowan to weed the vegie patch, help with the harvest, walk in the mountains, work in the dairy, learn to spin or turn wood in Matthew's workshop in the barn and enjoy themselves!

We used to see them trudging up the little tree-arched road, eight miles from the railway station, packs on back, taking in the scenery and sunshine. Sometimes the postman or neighbours would offer lifts but few of them seemed to mind the walk.

Cinders and Shug have up to thirty visitors at one time in summer and as well as cooking for all, they are able to find time to teach a little and learn a little. The WWOOFers camp in fields and barns or wherever there is space and despite the fact that often they do not have a common language, they seem to thrive together in that environment. Their hosts feel the contact and exchange is important and enthusiastically support the movement. They also give space



and time each year to a group of underprivileged urban children, who camp in a field and take part in all the farm activities. Cinders is a tall, slim, even frail looking woman, who has little time for personal vanity or housework. Her energies are more realistically and contentedly directed to the daily basics involved in maintaining the croft, tending her men-folk, animals and garden. She has a wealth of knowledge concerning herbal medicine and the native flora and fauna, all of which she is happy to share in an unassuming manner and with a dollop of good humour.

She writes articles for a variety of publications on many and varied topics, when the long winter evenings allow her time by the cosy fire, usually circled by dogs, cats or a sickly animal.

Part of her busy life is given to the making of goats and cows milk cheese, which is sent off to a health-food shop in Edinburgh, 60 miles away. Her products are so good she has quite a demand from private individuals too. It pleases her that generally people are becoming more aware about the quality of food they consume.

In summer Drumnagowan provides Devonshire teas for tourists, with scones hot from the oven (Matthew is very good at making these), fresh cream from Honey, the house cow, and home grown and made preserves.

Most of the chores, domestic and farming, are shared with Shug, a small wiry man with an impish grin and great love of animals, usually to be found on a summer morning stirring the huge porridge pot for all.

Born into that lifestyle, Matthew has a highly tuned sense of the continuum of life, living as he does in a land filled with the remnants of some of the earliest signs of agriculture in Britain. Close to their croft and under restoration by the National Trust is a stone-age settlement, atop a hill overlooking Loch Tummel, where sod-roofed shelters for people and animals can be found, alongside stone-walled fields where rye was grown long ago. Matthew, poetic, full of *joie de vivre*, at 21 thinks little of cycling 30 miles on an errand or to visit friends! He can literally turn his hand to anything and is currently writing a book on the effects of herbicides on the Scottish ecology — when he finds time for

this is obscure, since he is regularly employed outside the croft, building roads or maintaining local gardens to supplement the family income or to add a new lathe to his workshop! His woodwork is original and impressive, showing a fine feel for the timbers he uses. Some of his items are sold to tourists and visitors and at other times he has been commissioned to make furniture for the village hotels.

The farm at Drumnagowan may or may not be typical of the modern Scottish croft, but from observation, most surviving crofts are those managed by people who have been able to adapt to and accommodate the substantial tourist industry. We were impressed by the family at Drumnagowan, their flexibility, diversity of skills and talents *and* stamina, their caring attitude to people, animals and environment was engaging and inspiring. Whether it be caring for each other, a group of deprived children, a wildcat cub orphaned by a forester's bullet or seeing that the soil has all it requires for natural abundance, it is all the same to them. To incubate a half frozen kitten under one's arm on a long winter night or to invite the dog to keep one's feet warm in bed, when the snow drifts are 6 feet deep against the wall, is quite natural for them.

We have come to feel that it is the very concern with basic subsistence which nurtures a love of nature and allows one to see so clearly the interdependence of man and the land.

Economically Cinders, Shug and Matthew must add to their income to pay rent, telephone and electricity but they have found ways and means of doing so without sacrificing their principles or enjoyment of life. Despite the movement away from crofting to greater comfort and mobility, they continue to embrace a culture which is fulfilling and healthy and which allows them to express their various talents and concerns. Life is full and sometimes arduous but they remain committed to crofting. Theirs is the pleasure of harmony with nature and neighbours and if rarely they become despondent it is for the 'townies' who are missing out on so much.

What a comfort and wonder it must be to wind down a little in the winter, cut off by snow drifts, knowing the larder is full and the wood is dry. To toast the toes by the fireside and enjoy the fullness of life.

.....

### The Benefits of Home-made Soap

Home-made soap will last much longer than the commercial varieties, which last 3 to 4 weeks of normal home use. Home-made soap should last up to twice as long. The reason is glycerine.

Once upon a time, the early manufacturers salted out the glycerine with the used caustic and threw it away. Glycerine is an important by-product today of the soap industry. Home-made soap retains this valuable glycerine, which makes it last longer, helps it keep its shape and also softens and nourishes the skin. Home-made soap is of the purest quality and, if made commercially, is called 'neat soap,' and is processed for sale to custom soapers and finishers, who add assorted chemicals, dyes and perfumes to it, compress it, wrap it and sell it. It takes at least an hour to make a batch of home-made soap and it then has to cure for at least three weeks before it can be used.

Val and Peter Bullen, Lowood, Qld.

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# WINTER WELLNESS

Remember when you were a child, how good it felt — even though you were ill with a cold or flu — to be washed with soothing soap that smelt nice, to have your clothes and the bedclothes changed and your chest and back rubbed with a herbal ointment and to be all tucked up in bed? Or maybe you remember being wrapped up in a warm dressing gown and slippers in front of the fire with a big mug of hot lemon and honey. Psychologists tell us that being cosseted when sick and the feeling of being cared for with lots of attention is just as important as the medication. Some say it is more important, for security and comfort are the wellsprings of recuperation and allow other medications to work effectively.

In medieval Europe, mothers were skilled in making herbal medicines, ointments and therapeutic foods. Nearly every family cottage had a still-room where these were prepared and where the ill were treated. They were warm, pleasant rooms full of wonderful smells, where the family, particularly the mother, was nurse, doctor and pharmacist too. Many of the home remedies used today, herbal medicines and even modern drugs go back to these traditions handed down from mother to daughter.

Bee stings for rheumatism and arthritis, garlic for flu, lemon juice and honey for sore throats and colds, pulped potato for burns, cucumber slices for black eyes . . . lots of the old tried and true remedies are just as effective as modern ones and what's more they're inexpensive and to hand when you need them — either in the garden, fruit and vegetable bowl or spice cupboard.

## New Ways with Old Remedies

Old adages like 'feed a cold and starve a fever' are also sound and here is a great recipe for colds and flu that honours the traditional founder of medicine, Hippocrates, who said 'Let your food be your medicine and your medicine be your food.' Chop up a garlic bulb and saute it in two teaspoons of olive oil. Add 4 cups of chicken broth and, as it cools, the juice of a lemon and some of the rind and lots of mint and parsley. This is a food that really is a medicine.

Garlic contains a proven antibiotic, alliin and another substance which has antibiotic and antifungal properties called allicin. The lemon juice and rind provide vitamin C and a substance called synephrine which stimulates the production of norepinephrine from the nerve endings, which in the long run relieves lots of the symptoms. The minerals and extra vitamin C in the mint and parsley are therapeutic too, particularly iron, which has an anti-inflammatory effect. Another bonus is their diuretic effect: your kidneys need to eliminate toxins and plenty of vitamins and mineral-packed fluids help to flush them out. Hot chicken broth also relieves the symptoms because it has a vasoconstricting effect and also helps to relieve congestion.

The old idea of warding off 'wogs' with herbs, especially garlic and lemon juice, is sound bio-science after all.

Putting crushed garlic in the socks is an ancient way of protecting against infection, if you don't want to eat it all the time or don't like the taste. The theory is that its medicinal

properties get into the bloodstream through the skin, though what it does to your socks could be a problem! A 20th century way to make use of the old lore is to take garlic oil capsules and, for those who don't want everybody's nose to know, odourless garlic tablets are also available.

There is also an old tradition of putting a cut and peeled onion by the sickbed. This may seem a bit odd, but it is now well known that some foods give off a particular sort of radiation, onions particularly. It is known as 'mitogenic energy' and can be measured. Onions also absorb odour and kill germs. Pulped raw onion draws out splinters overnight.

Even the beneficial minerals in herbs, iron phosphate and potassium chloride, can be taken in tablet form, to reduce inflammation and relieve the sniffles and that clogged-up head. If you take one every few hours when you're doing battle with one of those anonymous winter ailments, you will be the victor in a day or two — providing you start your remedies at the onset of the symptoms.

An old Australian aid is eucalyptus oil, either dabbed on the tongue, sprinkled on the pillow or inhaled as a vapour in hot water — and it has stood the test of time for the relief of colds, catarrh and bronchitis and even mild asthma attacks. In fact, eucalyptus oil is highly antiseptic and can kill germs in the mucous membranes of the nose, throat and bronchial tubes. A few drops in some warm water as a gargle is an excellent preventative treatment.

You can massage eucalyptus ointment into the chest and, like the garlic in the socks, it can be absorbed into the blood and lymph through the skin. The clean, clear smell of the eucalyptus also helps to lift the spirits.

A twentieth century invention puts the old method of medicated steam to good effect and is readily available. It is a vaporiser that heats water safely and jets a little steam out regularly into a small dish into which a mixture of herbal oils, such as camphor and eucalyptus, have been poured. This will keep the sickroom air moist, warm and medicated and can provide another medicine altogether — a restful night's sleep.

## HERBS

Science is now verifying much of the traditional, intuitive knowledge, particularly in herbal lore. So it is that the most widely prescribed tranquilliser drug is synthesised from valerianic acid and was originally isolated from the herb valerian, which is a soporific, calming herb that herbalists call a nervine. Valerian is also an ingredient of tablets for the treatment of insomnia.

For centuries the herbs marshmallow, slippery elm, licorice and anise have been used to soothe inflamed mucous membranes, and so to relieve the distressing symptoms of bronchitis. Many of them have been analysed and their constituents isolated and many of these have been synthesised to make modern drugs, though the traditional herbalist argues against this method, maintaining that the purely medicinal part of the herb should not be separated from the natural nutrition of the rest of the plant.

Herbal teas are valuable medicinal aids to soothe, calm

and restore the flagging spirits and relieve the aches of winter ailments. Try delicious alfalfa, mint or lemongrass teas, containing vitamin A to help fight infections.

### Importance of Vitamins

Some vitamins and minerals are important in helping the body deal with infections. You can of course supplement your diet with multivitamin tablets, but sometimes the body is unable to make effective use of these nutrients because it lacks certain helpful bacteria. *Acidophilus* yoghurt (also available in tablet form) may be needed to restore these intestinal bacteria and aid the body's use of B group vitamins, very important for maintaining the immune system.

Even if your diet is high in vitamins A and E, you could be deficient in these nutrients if your liver is not properly processing fats. This would make you more susceptible to infections and less able to recover from them. The richest natural source of vitamins A and D is cod-liver oil, especially beneficial to the mucous linings of the body. Vitamin E helps to rebuild cells; it is removed in the refining of white flour, so eat plenty of whole grains and cold-pressed seed oils.

The minerals potassium chloride and iron phosphate are also important in helping your body recover, especially if you have a fever.

Vitamin C and the associated bioflavonoids (C complex) play an important part in protecting the body against infections. They are not manufactured or stored in the body, so you need a daily supply. In Russia and Sweden rosehips are a staple part of the diet as they are very high in C complex vitamins. We should follow their example to maintain an adequate intake of these valuable nutrients. The other very important aspect of natural prevention is to avoid foods which are vitamin 'robbers' and which thus adversely affect the body's ability to protect itself. The chief offenders are refined sugar, refined flour and the other denatured products. Alcohol does not necessarily fit into this category unless, of course, drunk to excess. In fact, a little wine, particularly red, can have antiseptic and antibiotic effects, especially in the gastrointestinal tract.

### Prevention is Better Than Cure

A healthy constitution is your best asset. Regular light exercise in the fresh air, avoidance of temperature extremes and balanced, regular meals are the mainstay of winter wellness.

A good diet is one which contains the widest variety of every possible sort of food — as fresh, unprocessed, raw or lightly cooked as possible — including whole grains, lentils, nuts, seeds and sprouts. You should eat flesh foods sparingly, and avoid denatured grains, sugar, salt, processed, tinned and packaged foods. Eat your foods in a form, combination and quantity that suit you and make you feel good.

Information courtesy of Blackmores Communications Service, 23 Rosebery St, Balgowlah, 2093. Blackmores produce a wide range of vitamin and mineral products based on natural herbal ingredients. They are available in health food stores and pharmacies.

### Reduce Your Water Heating Costs

Plenty of hot water is a necessity for today's lifestyle. And with that necessity comes the ever escalating costs of maintaining that hot water supply. However these costs may be reduced through installing a domestic solar water heating system.

The Victorian Solar Energy Council have just released a new brochure offering information and advice on the solar water heating systems currently on the market. According to the Council, a domestic solar water heating system can dramatically reduce operating costs and increase the efficiency of supplying hot water. The brochure explains in simple terms what types of solar collectors and storage tanks are available in the market place, how solar systems are installed, and how to get the most from a solar water heater.

The brochure is one of several new publications released by the Solar Council, offering information and advice on using solar products in day to day living. Emphasis is always on how cost effective and efficient products are, and what is available in the market place.

The Council is committed to promoting solar energy as a means of conserving Victoria's non-renewable energy resources, and is continually researching new areas where solar energy can be applied.

Information on solar power, including the new brochure 'Domestic solar water heating', is available from the Solar Council on (03) 654 4533.

### HANDY HINT

A poultice of raw grated potato has a wonderful drawing healing action on any inflammation, cut or scratch.

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# NUTS ABOUT CHESTNUTS

by Jamie Derkenne, Bowraville, NSW.

Five years ago, Agriculture Department representatives confidently told me two things about chestnuts: there was no way I could grow them in my area, and even if I could somehow coax the tree to grow, there was absolutely no way I could get it to bear nuts.

Today, I am in the process of converting as much land as possible to chestnut cultivation. It just goes to show, you can't always trust the authorities.

I live near Bowraville, a sleepy rural town on the NSW North Coast, situated almost exactly halfway between Brisbane and Sydney. Summer rainfall and temperatures are high, and winters are very mild, although frosts often can occur on winter nights.

When I first moved to the area, I sought Agriculture Department advice on the best tree crop for my land, which is mainly alluvial floodplain. I suggested chestnuts; they suggested I'd be nuts unless I got that idea out of my head; mainly because of the climate (not cold enough) and the 'fact' that the chestnuts would not tolerate flooding. On their advice, I started my plantings with a pecan orchard.

Sometime later, just for the heck of it, my wife bought a sickly looking chestnut seedling which had somehow ended up in a Coffs Harbour nursery. The nurseryman wasn't even sure what it was. I told my wife, confidently parroting the government information, that there was no way it would grow; she bought it anyway and told me to plant it, just to see what would happen.

The seedling was about one foot high, but after the goats, sheep and cows all had a nibble it was stumped by the next day. I placed a proper guard around it, and then left it alone. No water, a few handfuls of chook manure several weeks after it was planted, and that was it. My attitude was 'why waste time on something which won't grow anyway?'

During that first year I watched open-mouthed as that chestnut grew 15 — yes, fifteen! — feet. It fruited in the second year, with many of the nuts too small to eat. From the third year on till the present, we have had an ever increasing supply of nuts which average 30 gr in weight.

This year, we picked about 20 kilos from the tree. The nut size is from two to three times the size of nuts I've seen sold commercially in Sydney. All this from a tree which I was told was impossible to grow in a warm climate. A fluke perhaps? Three years ago I planted several more seedlings. All of them this year bore nuts of the same size and quality, although there were also many nuts which did not mature properly. However, some of these trees are already following the pattern of the first, and giving increasing yields of quality nuts.

I also found out then that young chestnuts at least, cope with flooding very well. I planted some on my flood plain; one month later I had a flood which rose six feet over the plain, and ripped out most of my fences. The water was up for about three days. The chestnuts showed no ill effects whatsoever, quickly putting out new flushes of leaves. It remains to be seen how they will cope in a flood of longer duration, or whether their young age was a factor in their survival.



Chestnuts ready for harvest — you need to wear gloves when separating the ripe nuts from their spiny burrs.

Since that time, I've formed the opinion that chestnuts not only tolerate a warmer climate, they thrive on it. I have met a farmer in the Bangalow area who never gets frost on his land and has chestnuts with such a short dormant cycle they could virtually be classed as evergreen. He also is getting good crops on trees (in his case, grafted) only three years old.

I now have about thirty chestnut trees planted, and plans for planting about 100 more. The trees flower with sickly smelling catkins in late spring. After the catkins wilt, green spiky balls are formed which rapidly start swelling. From mid-March to mid-April, the balls brown off and split, revealing the deep red nut inside. Usually the nuts will not fall from the husks, which means you need to wear gloves to separate the nuts from the prickly spikes.

The best way of picking the nuts is by putting on gloves, a wide, broad brimmed hat (have you ever been struck on the head by a fat, heavy porcupine? If you don't wear a hat, you'll find out what it feels like) and giving the tree a good shake. The ripe nuts, husk and all, will fall to the ground. It's then a simple matter of removing the husks. I pick and dehusk about one kilo of nuts every five minutes using this method.

In my experience, chestnuts grow quite happily in warm temperate and sub-tropical regions. I've found the following points to be general rules.

1. There is no difference at this stage between the seedling and grafted trees I've planted in the time it takes for them to fruit — usually by the second or third year.
2. They like to be watered, at least in the first couple of years until their taproot is established.
3. Chestnuts don't grow as well in heavy soils as they do in



soils that have good drainage.

4. They don't like fertiliser just after they have been planted, but love it once they reach about four or five feet high. The only fertiliser I've given my trees is chook manure.

5. Chestnuts are prone to insect attack, especially on the bark, when very young, but become quite resistant to pests as they mature. Once established, they are easy to look after.


6. Chestnuts will only tolerate being planted while they are completely dormant. If you plant at any other time, they are very likely to die.

Now the good bit. Eating the nuts. Chestnuts are delicious, with a taste very much like a sweet bunya nut, to give an Australian equivalent. The best way to prepare the nuts is to make a cross with a sharp knife on the flat side of the nut and then roast them on a flat tray (a pizza tray is ideal) in a hot oven until the red brown skin is crisp, and very easy to separate from the nut meat. They taste great with a bit of butter. A disagreeable bitter taste means the skin, which you don't eat, hasn't been cooked long enough.

The last point is perhaps the most obvious. Chestnut trees, fruiting or not, make an excellent, drought resistant shade tree. But you need plenty of space. They really are spreading trees; they can grow to incredible sizes.

For more detailed information on growing all types of nuts, see the latest Night Owl book, *Growing Nuts in Australia*, by Anthony Allen. This book can be obtained by sending \$20.50 (includes postage and packing) to Night Owl Publishers, P.O. Box 764, Shepparton, 3630.

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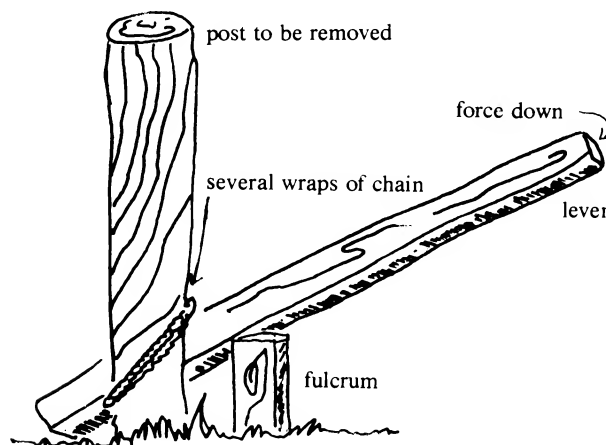
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## MORE ON REMOVING POSTS

by Wayne Plauche, Ponchatoula, Louisiana, U.S.A.

While reading GR 55 and enjoying it as usual, I came across the very good article (p. 41) by Tony Cullimore, on removing star posts.


It brought back some memories on ways of removing posts that my dad taught me. His process is simple and requires no expense, only a stout timber 2.5-3 m (8-10 ft) long — one 5 x 10 cm (2 x 4 in) thick will usually work quite well on small posts — and a length of stout chain about 2 m (6 ft) long. The longer timber is used as a lever and the chain is used to bind the lever and post to be removed together loosely.



A smaller or shorter timber is used as a fulcrum. A rock or some other solid object will also work quite well. The closer you place the fulcrum to the work (post) the easier it will be to remove. Sometimes it is easier for two people to handle this project.

Push the lever down with enough force to bring the post up, then the chain is easily pushed back down the post for another try (practice makes perfect). It is best to put several wraps of the chain around both the post and the lever.

The best news about this process is that the tools are usually free. The same process may work on metal posts, so I would like to hear from someone who has given it a try. Happy post pulling!



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# PURE BRED POULTRY

## Choosing a Breed for the Farmyard

by Megg Miller, Shepparton, Vic.



To many people a chook is just a chook, a squawking, half feathered bird that lays the occasional egg and spends most of its day scratching amongst rubbish or evading predatory roosters, dogs or cats. To others though, chooks are creations of beauty, with each breed having its own style and character, its own unique conformation, colour and markings. Why then settle for the colourless, modern day hybrids for the sake of a few extra eggs per year when you can choose from the multitude of colour variations belonging to the fifty or so different pure breeds available in this country?

Chooks of course are an integral part of our heritage. The first to make their home in this country — something like twenty three of unknown origins — accompanied our convict forebears out in 1788. They quickly found their feet and in a report back to the mother country some months later were said to have 'multiplied considerably'. The humble chooks kept many a battling pioneer family in food and were the annual Christmas treat for most families for decades. By the turn of this century there were few farms without them and in many instances they provided the woman of the house with 'egg money', her only independent income. Chooks were kept in the inner city areas too, just half a dozen in a home made coop or sharing the wood shed. Here they were largely under the care of the male and many a book written at that time makes reference to men riding their bikes to Saturday poultry shows, complete with prize Leghorn in a box on the front. No doubt many of these pure breeds were more fussed over than the wife and children.

Today few people can afford to keep poultry or animals that are not highly productive. Hybrid poultry have been developed for efficient food conversion and the ability to survive under intensive conditions. Layers are bred for a single season of maximum output and then discarded as unprofitable whilst broilers have been scientifically engineered to achieve a specific weight-age relationship, but no solution has been found yet for the rampant leg problems that beset their fast growing bodies. Pure breeds are efficient but in different areas. They are more suited to being kept in semi natural conditions, with many of the breeds, especially the light ones, making excellent foragers. Being less finely tuned than the hybrids, they are not dependent upon a super-duper laying ration so can be fed farm extras like milk and household scraps together with mash or grains and still do well. The slow growing heavy breeds which people may keep for the table are very suited to this diet. Pure breeds that have been well cared for are very hardy with a natural resistance to a range of simple ills and chills, ideal birds for free ranging. As well, many are prone to broodiness and with little fuss can raise replacement stock plus a few for barter or the freezer. With good quality stock there is usually a ready market for young birds as well as the occasional culled breeder and the money made from such sales helps cover feed costs. Lastly, there is untold pleasure derived from gazing upon and caring for these beautiful birds and it's a wonderful practical way to encourage children to respect living things and see first hand

the processes of life, death and a little hanky panky as well.

It is difficult to say just how many breeds of pure or traditional fowl there are in Australia. There are some that are rare, almost unheard of, and others that have expanded to include a number of varieties within them and so attract hundreds of followers. The ones that will be discussed here are common breeds that have proved their worth over the years and in which numbers are plentiful and stock relatively easy to procure.

When discussing pure bred stock it is customary to categorise them by weight and basic feather type. The light breeds traditionally include the Silkie and all the laying breeds whilst the heavy breeds vary from the tablebird giants like Indian Game, Light Sussex and Dorking through to a group who would be more aptly named dual purpose — good layers and a reasonable table bird, as in Barnevelders, Rhode Island Reds and Plymouth Rocks. The majority of the birds listed below are described as soft feathered, that is, their plumage is abundant and sits loosely on them with the hens having distinct blousy underskirts. There are only one or two exceptions here — the Game breeds — and these are hard feathered. With these the shiny feathers sit tight and closely follow the contours of the body so that what you see is what you get.

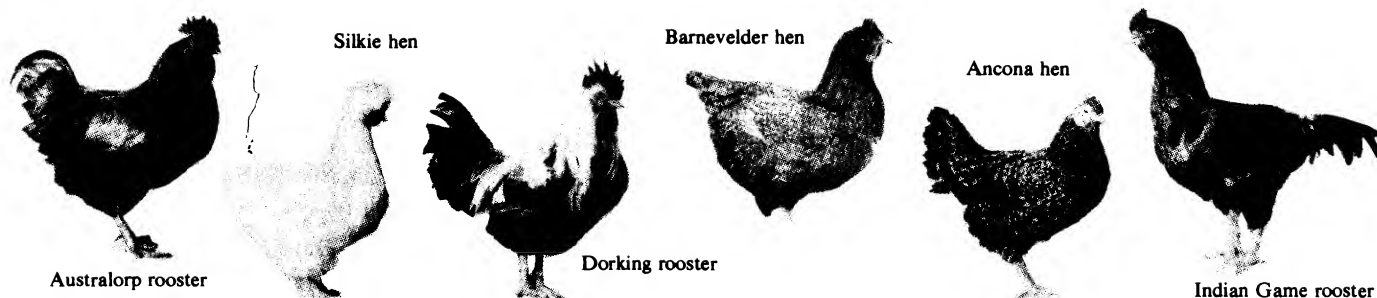
### Light Breeds

This includes Silkies, ornamental breeds like Campines and Polands, Old English Game and the breeds from the Mediterranean region. The latter group were for years the layers of the poultry world although only the Ancona and the Leghorn could claim such ability today. Mediterranean breeds all share a similarity in conformation, in their large, heavily serrated combs, high and in the case of males, flowing tails, and upright, alert stance.

#### SILKIE — Far East — Soft Feather.

Several varieties — white, black, blue, gold.

This is a unique, very old breed that was referred to in early literature as Silk fowl and Negro fowl. Historical illustrations indicate they have changed little since early times. They have a number of distinct features which set them apart from other breeds. Sizewise they are midway between a bantam and large fowl — the hen weighs around 1 kg (2 lbs) the cock bird 1.4 kg (3 lbs) — though they're now classed as a large fowl. Plumage is most distinctive giving the appearance of being composed of threads of silk whereas in reality it's caused by separation of the feather barbules. Other characteristics include the mulberry comb and face, turquoise earlobes, greyblue legs and feet, fifth toe (though this is shared by one or two other breeds) and violet-mulberry coloured skin. A plucked Silkie is a most offputting object! Most Silkies seem to have endearing personalities as well as looks and from experience the rooster tends his wives loyally and lovingly. The hens have a strong maternal instinct and will lay a clutch and then go broody. Their feathers may need to be trimmed, especially those on the legs, to protect the chicks from



becoming caught. The breed was used extensively in earlier times as broodies for special breeds or crossed with larger fowl to produce a broody that would cover more eggs.

**OLD ENGLISH GAME** — English — Hard Feather.  
Wide range of varieties available.

This is the oldest English breed of poultry and was used for centuries for cock fighting. Traditionalists have worked hard over the years to maintain the standards associated with fighting birds and still go so far as to dub them (removing wattles and comb). But apart from their fighting ability, which makes the Indian Game appear a saint, the OEG is an excellent forager and a favourite with many back to the landers. The hens are good layers, dedicated broodies and will fight to the end to protect their chicks. They are a small breed but are fine boned and are said to make a surprisingly good table bird.

**LEGHORNS** — Mediterranean — Soft Feather.  
Varieties — white, brown, black, blue.

They were a small native breed from the seaport Leghorn in Italy which were taken to America and developed, then later made their way to England. They are a nervous, flighty breed, very fecund with the roosters supposedly able to mate with over forty hens a day. The white variety have retained their laying ability, the others losing it at the expense of colour and markings. Brown Leghorns are still sought after by many as they enjoyed a reputation as a good layer in the past. Today they are a fancier's bird, the rooster being surely the most spectacular and beautiful of all breeds. If kept in yards Leghorns require high fences, perhaps wing cutting or else a wired-in top. They do best with room to move and scratch about, and when left loose cover vast distances in their search for food. Leghorns have contributed to a number of the later pure breeds (R.I.R. for one) and played a significant role in creating the modern hybrid.

**ANCONA** — Mediterranean — Soft Feather.  
Only one variety.

These are a beetle green black with white V shaped markings at the tip of each feather (in reality few are perfectly marked) and yellow, mottled legs. Earlier this century they enjoyed great popularity as the leading laying breed and even now are probably the most prolific pure bred layers. Obviously a top show strain may have sacrificed eggs for V tips, so check for utility qualities before buying. They are very hardy, a little smaller than the Leghorn and pullets begin laying before reaching full size. Although sharing the flighty Mediterranean nature they will become friendly and docile and respond readily to personal attention (excellent children's pets). Eggs are creamy white, medium sized and the hens, despite heavy

laying, retain a crisp tidy appearance all year. A delight to look at and the best of the laying breeds.

### Heavy Breeds

As already mentioned, heavy breeds as a classification covers birds like Barnevelders which lean more to the laying side these days through to a meat only breed like the Indian Game which is becoming so heavy and short legged that they are having trouble mating.

As a rule heavy breeds differ from light by having a more placid nature, they cope better in small yards and runs, they lay fewer eggs but have a more heavily fleshed body and most have a tendency towards broodiness and reliable mothering.

**RHODE ISLAND RED** — American — Soft Feather.  
One variety.

'Rhodies' have always been one of the most popular farm breeds in Australia because of their dual purpose qualities. They were originally bred in America in the 1880's as an all purpose breed — to lay larger, browner eggs and produce a more heavily fleshed body. Although a plain bird, their colour varying somewhat between rich red through to dark chocolate, they are probably one of the world's best known breeds. They are shaped very much like a building brick with the corners rounded off, and set on medium length yellow legs. When evaluating them, their length as well as depth and width are important. The hens are docile natured and prone to broodiness, making strong sitters and reliable mothers. Roosters however have a reputation for nastiness and whilst not all will be fierce it is an important point to check out before buying. Some of the modern hybrid laying strains owe much to this breed for the role they played in their development.

One breed that is occasionally confused with them is the New Hampshire, which does differ in a number of respects, although they both shared similar parent stock. The New Hampshire has evolved into a laying strain and has also contributed heavily to commercial laying strains.

**AUSTRALORP** — Australia — Soft Feather.  
Only one variety.

The Australorp is our chook, our one claim to fame in the world of purebred poultry. It was created in the 1920's from Black Orpingtons and although the original birds varied tremendously, with careful selection a utility type evolved that was soon laying up to 300 eggs a year. They were the ideal farm bird and I recall my grandmother keeping about 100 of them on a mixed farm and selling eggs and the occasional table bird. She bred her own replacement stock and, whilst there were always chickens around, the broodies were not savage like hens from some other breeds. Australorps are an all black breed with a lustrous green sheen and large,

prominent black eyes set beneath a medium sized comb. Their body is wide and compact with a well rounded breast and long keel. Roosters have a short but compact tail, and tend to look massive birds but the soft feathers can be deceptive. It is only in recent times that the breed has suffered from fanciers' improvements so if you are buying stock check their utility ability. They are a friendly breed, good foragers and probably need plenty of room to move about in.

**BARNEVELDERS** — Holland — Soft Feather.  
Only one variety today.

This is the famous Dutch breed that lays large dark brown eggs — sometimes speckled with an even darker brown — though the eggs tend to lighten towards the end of the laying season. They have compact bodies with a definite concave back outline, a deep full breast, short wings carried high and the rooster has a full tail falling in a graceful sweep. He is a showy black-red fellow with tones of green, and the hens an attractive dark brown with black double lacing. The breed has become light framed, favouring laying rather than being dual purpose. Medium tendency towards broodiness and only fair sitters. But if you like brown eggs, they're the breed to keep.

**PLYMOUTH ROCKS** — American — Soft Feather.  
Main variety is Barred, some whites available.

These are another dual-purpose breed from America which are strong and easy to manage. The original variety was the Barred which is found in light and dark varieties today, said to be a first class farmer's fowl. They are an upright bird, harmoniously balanced in all parts with large, compact bodies. The comb is medium sized and traditional, the legs yellow, with the roosters displaying a medium sized tail. Hens are considered fair layers and the surplus cockerels are meaty enough to be used as table birds. They are easy going, do well as foragers and produce their own broodies which make good mothers.

**SUSSEX** — English — Soft Feather.

Light Sussex is the major variety, small numbers of Speckled.

The Sussex is a famous table breed that originated in the county of that name in England at the turn of the century. The Sussex fattened easily, laid well and was not difficult to rear. The earliest variety was the Speckled, but it was the Light Sussex that achieved prominence through its contribution to the practice of auto sexing in commercial flocks before vent sexing. The variety is the most popular today and is considered an amiable, easily managed bird that lays reasonably well and produces a large, white skinned table bird. Light Sussex are white with a black striped neck hackle and black tail feathers, white legs and medium sized traditional comb. Hens make excellent sitters and placid, conscientious mothers.

**DORKING** — English — Soft Feather.

Silver Grey is the major variety today.

Sources indicate that a breed greatly resembling the Dorking was introduced into Britain by the Romans, thus making it one of the oldest breeds of domestic fowl. It enjoyed great popularity in England over the centuries as one of the major market birds being large, broad and white skinned. The sexes vary in colour, the rooster being a striking silver and black whilst the hens are a pretty salmon pink and grey with delicate penciling. They are a very compact, short legged

bird with a large upright comb, and are placid and easy to keep. Present day Dorkings are a disappointment in that their table qualities have deteriorated at the expense of exhibition points. They are a finer, lighter bird and come behind the Indian Game and Sussex. An unusual and distinguishing characteristic of the Dorking is its fifth toe. Good sitters and mothers.

**INDIAN GAME** — British — Hard Feather.  
Two varieties, Indian and Jubilee.

This is the bulldog of the poultry world, both in size, looks and temperament. They have thick yellow short legs, broad short bodies, medium, bull necks and a broad head with a pea comb. The latter, together with their bold eyes and small full beaks gives them a distinct almost cruel appearance. It is said that character is an important element with this breed! The roosters stand upright and look powerful and courageous — and being of pugnacious nature will take on any other rooster. The hens, although not good layers, will often lay during hot weather when other breeds give up. They tend to lay a clutch and then go broody, and can be the most persistent, aggressive sitters of any breed I've encountered. As mothers they are very protective, and will defend their young from human, fox and hawk alike. If the pullets are well handled when young they are easier to handle when broody. Because the breed is so heavy — probably the heaviest today — they are happy to be confined, not being terribly mobile. And despite what I've said about being pugnacious, they are trustworthy with children and are largely placid and amiable. They are the ideal table bird, (slightly gamey) or can be crossed successfully with other breeds. Choose stock that are not exhibition strains as they will be longer legged and more fecund. The Jubilee variety is quite rare. The Indian hen is brown with black double lacing and the rooster a green black with bay coloured wings.

The breeds I've mentioned above are just some of the many available, but they are the most suitable for the back yarder or farmer. If there are one or two breeds I've overlooked which should have been included then perhaps readers could write in and share their knowledge with us.

When choosing stock, look for a breeder in your area who keeps birds as you would like to, because stock raised in dry areas may not adjust well to wet country, just as those raised on deep litter will take time to adjust to free range. The easiest way to find stock is through classifieds in local papers, your state's farmers' weekly or through a regional poultry club. Agriculture societies are another source and will help with addresses of exhibitors. Remember though, you're buying working birds so don't pay show stock prices. Ask for birds culled for minor imperfections — most breeders are happy to find a market for them. And if a breeder can't help, ask for a list of contacts who may be more suitable.

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Megg Miller will be speaking at a two day workshop at VACH McMillan, Leongatha on July 24-5 on pure bred fowls and other poultry and how to keep them. Phone Sylvia Vagg for information 056-623-502. Megg will also be at Mudgee field days (July 17-19), speaking on turkeys and game birds.

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# MAKING YOUR OWN BREAD

by Ursula Woods, Tennant Creek, NT.

Anyone who has made their own bread before, will know how satisfying and rewarding it feels to produce such a staple item by their own efforts.

I began my bread baking some years ago, when I became dissatisfied with the quality of bread offered to the consumer. But no matter what your motive for beginning the practice might be — self-sufficiency, health reasons or saving money — you can rest assured that you are providing your family with the best: including only those ingredients that you deem appropriate to your diet, untainted with the chemical additives that the mass-produced article necessarily requires. Including too, your own labour and loving energy.

I've known many initially enthusiastic novices to 'throw in the towel' after their first couple of disasters. And it's a pity, because with a little perseverance and constructive learning from their mistakes, they too would master this new skill.

There are many books on the market that espouse that 'breadmaking is easy', which, for a fumbling beginner is not very encouraging. Really, the only way is by experimentation — developing a feel for the ingredients, the dough, the aroma when it's done.

No new skill is easy, breadmaking included, and there are plenty of factors that need to be taken into account.

## Ingredients

### FLOUR

Five cups of wholemeal wheat flour is sufficient for a good sized loaf — the fresher the better. Wheat flour, because it contains a high level of gluten, which assists in the rising. Flours such as rye and soy have a low level, and consequently require greater kneading and result in a heavier loaf.

### SALT

Three-quarters of a tablespoon per 5 cups flour, unless you are on a salt-free diet. Add this to your flour before adding anything else.

### LIQUID

For a simple loaf, use lukewarm water — high heat kills the yeast, but gentle warmth activates it. The exact amount you need to add to your 5 cups of flour is variable, and you'll discover, perhaps with bewilderment as I did, that some flours will absorb more or less than the time before. Factors such as climatic humidity, the dryness and coarseness of the flour, whether it's been freshly stoneground or purchased from the supermarket, all affect the absorption rate.

You need patience — wholemeal flour absorbs more moisture than white, and absorbs it more slowly. Don't make the mistake of pouring in 2 cups of water and hastily deciding you need more. Give it time — develop your intuitive feel for its needs.

For 5 cups flour, add 2 cups water, adding extra as required, in small amounts, to form a cohesive dough.

### SWEETENER

This is not purely for sweetening the dough (though it does



make it tastier), but assists in activating the yeast. I find honey best, but you can use sugar, molasses (a must for rye) or malt. One heaped tablespoon.

### OIL

This gives a smoother and more cohesive texture to your loaf. Add one tablespoon along with the other liquids. (You can also use cooled, melted butter for milk loaves and sweet buns.)

### YEAST

The rising agent. If you're using fresh yeast be sure it is fresh. Fresh yeast crumbles easily and cleanly. If it doesn't, it won't be as effective in rising. I find dry yeast a more practical choice, as it doesn't perish — but beware of those mixed with improver and other chemicals. Pure is best.

1½ teaspoons is sufficient for 5 cups flour, and is generally dissolved in some of the water with the honey before mixing it in. (Unless otherwise indicated on the container.) The finer the yeast granules, the more readily they become active.

### Kneading

The work of kneading commences after you have all your ingredients together in a dough. The harder and longer you can knead the better: ten minutes is usually sufficient. Good rhythmical music helps you along, and you'll find in time, that your movements become more efficient, making this step less laborious.

I find kneading extremely therapeutic. It's a great releaser of tension as you pound, prod and slam, and gives you the added bonus of a lighter, more energised loaf.

Use a waist height solid surface, flouring as necessary. You will know when your dough is ready — it'll feel elastic — and if the dough bounces back promptly on prodding, it's ready for putting in the tin.

## Rising

Press down your dough into a well buttered bread tin. (I've found oil less reliable.)

Now, most recipes will tell you to give the dough two risings, which makes the loaf lighter. I find one rising quite adequate, saving time and effort and still turning out a consistently good sliceable loaf.

Place your tin somewhere warm and draught free. The rear shelf of a car is excellent as is a position near a warm oven. Covering the tin with a piece of Gladwrap holds the heat in and effects quicker rising. Don't put it on or in a warm oven — this will partly cook the loaf before it has risen and kill the yeast prematurely.

If it's a very hot day the dough will rise quickly and you'll need to keep a close watch. Allow it to double in bulk — no more. If it rises too much you'll have big, gaping air holes in your loaf, and the nicely rounded top will probably collapse upon baking.

## Baking

Pre-heat your oven to about 220°C (425°F) and bake your loaf for 35-40 minutes, turning it once for even heat.

After this time, turn it out and check the bottom of the loaf. If it doesn't sound hollow when knocked, or if it looks a mite pale and underdone, pop it back into the oven — out of the tin — for another 5 minutes. Doing this also crunches up the loaf wonderfully!

One word of warning — if you intend to eat it while still warm, better make two loaves. Warm bread smothered with butter goes very quickly!

## My Simple Recipe

5 cups wholemeal wheat flour (add 2 tbsp mixed seeds/grain for a granary loaf)  
¾ tbsp salt  
1 tbsp honey  
1 tbsp oil  
1½ tsp dry yeast  
2 cups lukewarm water (maybe more)  
extra flour for kneading

## Further Reading

*The Early Years* (\$14.50) has articles on 'Basic Breadmaking' (p. 14) and 'Bread Baking' (p. 41), as well as several bread recipes.

*Natural Tucker Bread Book*, John Downes. \$4.95.

*The Easy No-Knead Bread Book*, C. Bates. \$3.50.

All these books can be ordered from Night Owl Publishers, Box 764, Shepparton 3630. Please add postage. Many back issues of GR also contain bread recipes — check the indexes for details.

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## Hummmmm . . .

EMR or electromagnetic radiation is a subject which may well turn out to be the latest controversy in Australia. Electromagnetic radiation refers to airborne waves of energy; light, heat, and communication signals. Ultra-violet light, x-rays, gamma rays, cosmic rays can be killers, but consider the rays produced by radar, TV, radio and electrical power.

Excessive exposure to any electromagnetic rays has obvious danger, but there is now growing concern that even normal exposure can cause serious harm. Scientists are looking at the inter-relationship between cancer, leukaemia, brain tumours, cataracts, birth defects, Down's Syndrome, miscarriages, and exposure to weak electromagnetic fields produced by power lines. Studies done around the world show links between EMR and illnesses such as cancer.

Bodily organs like the pituitary gland are sensitive to the Earth's electromagnetic field. Alter the field and you may alter the body's responses, which could affect psychological activity, mental mechanisms, and produce changes in the cell divisional cycle.

In Australia high voltage power lines sometimes pass directly over suburban houses. The World Health Organization standards are now under debate concerning this issue. Australia has set a new, much stricter, standard for exposure to low-level microwave radiation, but this indicates that people have been exposed to potentially unsafe levels of radiation for years.

Society accepts the benefits of new technology without acknowledging the price paid in terms of the general health of people and planet. The difficulty is determining far-reaching effects. Until humankind develops Earth-awareness and recognises its integral connection to life on this planet our mistakes will continue to be reflected in the sickness of the population and destruction of our environment.

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## MAGGIE'S FARM

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BLUE MOUNTAINS



# Living Together! . . . MacTaggart and Me

by Jose Robinson, Wild Cattle Island, Qld.

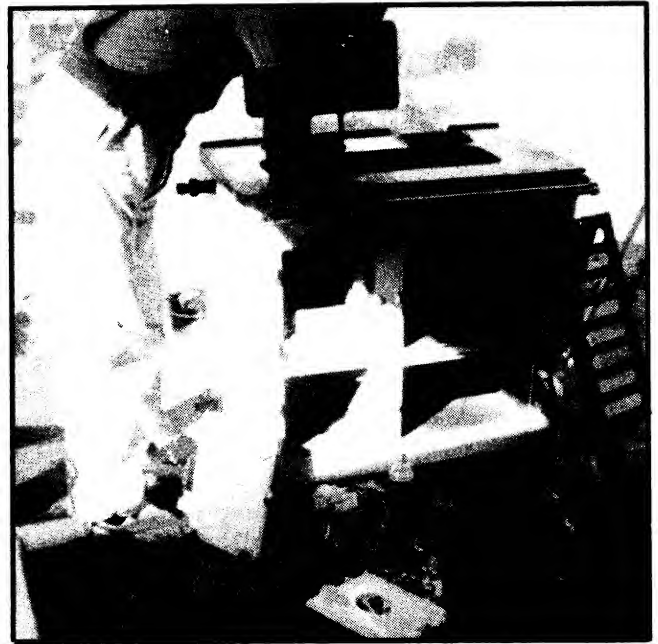
The day MacTaggart entered my life is one of the most memorable. A close relationship began from the day he crossed my threshold. MacTaggart is not his given name, but the fact that he came into the world in bonnie Scotland gave me the idea to bestow this nick-name upon him, and it definitely suits him. He is thirty years old, and has the brute strength of the Scots, yet he bends to my will like a lamb. He is fiery hot sometimes, and yet can become warm and gentle as my needs arise. Perhaps at this stage, I should put the record straight, and mention that MacTaggart is not my lover, he is my newly acquired second-hand slow combustion stove.

It took me about eighteen months of advertising, following up false leads by word of mouth and answering ads, to at last come by this treasured possession. Various so-called knowledgeable friends would say 'Oh, you'll only be able to cook on it in winter . . . it will make the house too hot for Queensland's summer' . . . or 'you'll be forever chopping wood for it'. We took no notice of this well-meant advice, and kept on looking. Just before the onset of winter, we at last found what we were looking for. It had been turfed out of the owner's kitchen in favour of a modern electric model several years back, and was squatting ungraciously and unloved in a garage, covered with dust. We managed to strike a fairly good bargain, and away we went with our thirty-year-old stove. Well, transporting it wasn't quite that simple, seeing as how its weight must be somewhere in the vicinity of a grand piano. However, it will suffice to say we made it, without any broken toes or strained backs, and with a little help from our friends.

Within three weeks MacTaggart was fully installed and standing proud and erect in his new alcove, awaiting orders. His 127-litre capacity hot water tank duly installed and connected up on the roof. The reason it took three weeks was, firstly my mate had to cut a hole in the kitchen wall, then build an extension alcove complete with roof and chimney. Our tiny modern kitchen wasn't designed for such a massive heavy cast-iron piece of equipment, so of course the floor area had to be suitably reinforced. We had to wait about two weeks for a couple of small spare parts to come up from the city (to the tune of \$100), then we were ready for business. MacTaggart's brand name is 'Wellstood' and, from what I can gather, comes with a very fine reputation, and spare parts readily available.

I must admit I was a little in awe of him at first, even though he seemed friendly. I had at the back of my mind snippets which I'd read from time to time in GR about readers having endless troubles in the early stages of using a slow combustion stove. Such things as ovens not reaching the desired temperature, chimneys gunking up with soot, cleaning problems, unsuitable fuel, chimneys catching on fire, and various other stumbling blocks.

I hunted through the index of *Grass Roots* right back to issue 1, and turned up all I could find on slow combustion stoves, and re-read the lot. Armed with all this knowledge, and with my ever-helpful mate by my side, we fired up MacTaggart. I could hardly wait to try out the two ovens.



When found it was dust ridden and relegated to the garage, but with effort and ingenuity on our part we soon had it installed and fired up.



Knowing it would take a few hours to warm them, I racked my brain to think of something which needed only a slow barely warm oven. All I could think of was coconut macaroons and pavlova. So I whipped up a batch of macaroons and the pav, and in they went. Success!

Inspired by my initial accomplishment, I really became serious about MacTaggart, and for the first month, I was cooking every day. We both normally enjoy a healthy sensible diet of home-grown foods and fresh seafood and rarely have sweets or cakes. However, I found myself cooking

up heaps of cakes, cookies and tarts. I was having so much fun with MacTaggart, I didn't notice my thickening waistline. The freezer began to burst at the seams with the results of all this cooking, and as well, I was giving away loaves and cakes to any friends that called. Well I knew this had to stop, because I wasn't getting anything else done around the place. My husband maintains my cooking standard has improved 300 per cent, and it was never bad to start with, he claims. Take my tip, if you don't already have a slow combustion stove, go and buy one. New ones can cost in the vicinity of \$2000, but there must still be some pre-loved ones available around the countryside.

Here are a few helpful hints gleaned or borrowed from friends which could be useful to the uninitiated, trying out their newly acquired slow combustion stove.

### Firewood

Coal, coke or wood may be used, but only some types will stay alight overnight. I discovered in my research there were conflicting statements made about types of wood to use, but maybe different areas could have some bearing on this. I do find for a quick hot fire, use only small pieces of whatever; this raises the temperature rapidly. Green timber is far easier to cut, but must then be stored to season. We love trees and have no desire to cut any down, so we manage with what has already died and fallen. Our trusty chain-saw has to work a little harder on deadwood, but we get by.

### Cleaning

The best way to understand your slow combustion stove is to take it to pieces and clean it. Then while examining the flue and damper you will see just how they work, and how they can be regulated for different temperatures. Unless the stove is kept clean, it becomes inefficient. A flue gunked up with soot is one of the commonest reasons for a stove not working properly. The top of the stove should be brushed each day. Occasionally the steel parts may be rubbed up with a very fine emery paper. Stove polish should be applied to top of stove about once a week. To clean the flue, commence at the top. Open damper and also the little door. Pass flue brush as far as it will go, cleaning sides all around. The loose soot will fall down, and should be removed. Now remove top rings or plates, and brush underside on sheets of newspaper.

### HOME-MADE CLEANERS

Mix equal quantities of boiled linseed oil, kerosene and vinegar. Rub stove top with a little of this on a cloth every few days, or at least weekly. Another good cleaner may be made by mixing water with a cake of blacklead, and adding a tablespoon of powdered alum dissolved in a tablespoon of vinegar. Mix well and apply with brush. This gives a great shine.

### CHIMNEY

This should be swept every six months or so. Should your chimney catch alight, place wet newspapers on the fire immediately. Steam from the papers will put out the fire in the chimney. This should never happen if chimney is kept clean.

### Lighting the Fire

Open all dampers fully. Use small amount of loosely crumpled newspaper with small kindling wood sticks laid

crosswise. A medium size piece of coal or wood may be laid on top. As fire takes up, larger coal or wood can be added. The firebox should be well raked out each morning, and the ash drawer emptied. If ash holder is more than half full, it hinders good air circulation.

### Temperatures

Present day cookbooks only cater for electric and gas stoves. Fuel stove temperatures can be rather different. Also cookbooks which many of us are still using today are in Fahrenheit.

#### Fuel Stove Temperature Chart

Very Moderate	275-300 degrees F
Moderate	325-375 degrees F
Moderately Hot	400-475 degrees F
Hot	500-525 degrees F
Very Hot	550-600 degrees F

If stove has no thermometer, a heat test may be carried out by placing a piece of white paper on oven shelf. Leave for 2-3 minutes. It will be coloured dark brown if oven very hot; light brown if hot; deep bone colour if moderate; and crisp but not discoloured if very moderate or cool.

### OVEN

Some ovens have ventilators which, when opened, lower the temperature of the oven. Otherwise temperature is controlled by opening or closing dampers. It is important to build up a good fire some time before you wish to cook in the oven. Some stoves take three hours to reach moderate heat.

### Hot Water System

We connected up our solar hot water system (home-made) to the hot water system from the combustion stove. This means, of course, that we have a constant heating system, even when the stove is not being used. There was an article in GR 9 which was very helpful, although we constructed ours in a slightly different manner.

### Central Heating

There is an excellent article on centrally heating your home from a slow combustion stove in GR 43. In our climate we have no need for this.

As a rank beginner when first experimenting with my stove, I would have greatly appreciated all the above information grouped together on one page. As it was, I spent considerable time researching and asking friends for information.

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# Organics for Farms Big or Small (Even Back Yards and Window Boxes)

by Grahame West, Ravenshoe, Qld.

Over the years much has been written about organic growing on a small scale for the garden but not on a large scale such as for a full size commercial farm.

These days there is very little profit in growing vegetables and fruit commercially unless you go in really big, or organise your own sale to the public in an efficient way sufficiently large enough to make a living.

Because the profit margin on farm produce has never been lower and the cost of fertilisers and chemicals has never been higher, the chemical oriented farmer is going down the road to ruin very quick. Some are holding on because they have small debts and are reasonably good business people but it is more evident every day that in all the western world there are definite problems looming for the average farmer.

Looking at it from the chemical versus organic angle, organics win every time whether it be on the grounds of profits, smooth working, freedom from poisons, health, or the environment, soil improvement, animal health and so on.

Organics do not have to be hard work, you can turn out a good size crop that is excellent in quality and appearance, all that is needed is to look at the methods, what is grown, the soil type and locality. You cannot always grow just what you want to, when you want to, a compromise is often necessary. Farming is compromise and working with nature, not fighting it! Nature in all its wondrous facets is always complete, but sometimes baffling because we do not understand it. Nature can be worked to one's advantage more cheaply and effectively than chemical agriculture.

Then what is our problem, if there is one? Might I suggest that the problem is brain-washing by big business, to such an extent through the advertising mediums of television and magazines that we are fooled into thinking that it is easier and quicker to follow like sheep, the chemical way. Just spray the bugs and pick the produce. But what do you get? Cardboard vegies lacking in life force, full of poisons and toxins. They might look good but they are tasteless. Chemical farming uses the soil to hold up the plants rather like a crutch — it can be the worst soil around but the chemists in their wisdom say just whack in your 'super' and 'she'll be right mate', but they don't tell you about the incompleteness of the fertiliser — the added bugs that will appear from seemingly nowhere! The added cost of expensive chemicals that they sell. Brainwashing down the line.

The solution is so simple it is hard to grasp and believe. Those people around the world who are organic farmers make a good living in a happy rewarding environment, and there is a growing number of people world wide who will happily pay more for produce if they know and trust that it is organic. Part of the solution is not to sell your organic produce to the ordinary wholesaler or retailer, because your beautiful tasty produce is mixed up with the chemical ones. Start your own co-operative, open an organic shop, advertise your produce through the classifieds to the general public in box lots — the

receiver pays the freight and the produce is not sent until the money is received. Town and city people are crying out for organic fruit and vegetables but can't find a regular supply. You must never cheat by using chemicals, because you only ruin your reputation, you also slip back into the clutches of the chemically orientated big multinationals. There are always things your area grows well organically. Just because chemical farmers grow a crop in your area doesn't mean that organic people can't grow it. Chemicals force crops to grow in an unnatural way, but there is a good chance that with experimentation with such things as seaweed, rock phosphate, dolomite, crushed rock dust, chook and other animal manure from organic farms that you can grow most things. But the manure compost and soil improver above all other is seaweed, whether collected after storms on the beach locally or bought from shops or agents as meal or concentrate, in either liquid or dry form.

Seaweed added to soil unlocks all the goodness in the soil by increasing the worms, soil bacteria and flora and by adding valuable nutrients that have been leached out over millions of years. Seaweed returns to the land nutrients that have been washed off down rivers and streams to the sea. Seaweed is also rich in Alginin, a jelly substance that increases the water-holding capacity of the soil. Seaweed does so many things and the agricultural departments in all their wisdom won't let us tell you about them without exhaustive trials and scientific data, even though the facts are known through practical use of seaweed over hundreds of years.

Seaweed will win its rightful place eventually now that it is being processed for general use but it is new and in the main untried. In my experience working with farmers, seaweed is all it's claimed to be, and more! We have had some remarkable evidence of its truly amazing qualities.

Seaweed is organic and weed free and I enthusiastically recommend it if you are contemplating any system of organic growing on a small or large scale.

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# COTTAGE GARDENS

## PART II

Compiled by Kath Harper and Megg Miller, Shepparton, Vic.

The previous article (GR 60, p. 30) described the main features of a traditional cottage garden, with its harmonious displays of colour, its tall plants giving three-dimensional character and its charming profusion of vegetables, flowers and herbs. Another important feature of a cottage garden is its dependence on perennial plants as a permanent framework, within which displays of flowering annuals can be incorporated for harmony and overall effect.

### Importance of Perennials

There has been a tremendous revival of interest in growing perennials as Australian gardeners visit English and historic local gardens on their travels. These traditional gardens have an air of permanence which comes from the presence of perennials as the mainstay of the seasonal display.

Perennials have many advantages for the cottage gardener. They involve much less work than annual plants, requiring less time for planting, weeding and cultivation. Their ready tolerance of mulching saves water as well as the time and effort needed for weeding. They provide a continuity of bloom that is lacking in plantings of annuals only, as well as giving subtlety and character to the display, harmonising with the

more forceful tones of the annual blooms. Their size is crucial: they create a three-dimensional effect, with their height and bulk contrasting to the dwarf size of most bedding plants. Not least, they are overall cheaper than frequent plantings of annuals, as their initial cost is offset by their longer lifespan and rapid multiplication.

### Herbaceous Perennials

These grow from a crown at or near ground level, tending to form thick clumps if left undisturbed for a few years. Most are deciduous, growing and flowering mainly in summer and autumn then losing their foliage in winter ready to rebuild in spring. They should not be pulled out in winter if the leaves look dead, because they are just waiting for spring to regrow. If you have to move or divide clumps of herbaceous plants, do it in winter so that they have maximum autumn growth and can be lifted easily in their dormant state. They are the basis of most perennial borders — hence the phrase 'herbaceous border' that you encounter so often in English novels.

### Starting Your Perennial Border

Australia has an advantage over England, where the tradition



The display garden at Heronswood, Dromana, showing a path flanked by many old favourites like Californian poppies, foxgloves, hollyhocks, Queen Anne's lace, pinks and many more.

of growing perennial borders developed in to a living art form, because we have a two to three month longer growing season. A well planned border could be attractive for up to six months here, compared with three months in England. The problem for Australian gardeners is that the greater heat from our longer summer causes the perennials to 'burn out' sooner, leaving bare patches from January through to late autumn. The solution is careful selection of plants by months of flowering, with particular attention given to autumn flowers. Location of your border is very important here too.

#### **SITE SELECTION**

Choose a site that avoids summer heat. In climate with hot, dry summers it is important to locate the border to halve the intense summer sunlight. Light shade from a deep-rooted sparse foliaged tree would be ideal, otherwise a north-east location is preferable to the much hotter north-west. In areas with wet, cloudy or coolish summers a north-westerly aspect is ideal. The border should be protected from strong winds, otherwise plant selection will be limited to 60-90 cm plants.

#### **SPACING AND PLANT GROUPINGS**

Perennials can be planted with roses, bulbs and shrubs, but the most effective display is a border devoted entirely to perennials. Most traditional borders have an evergreen background or a stone/brick wall to protect plants from winds. This produces brilliant colour pictures from ground level up to two metres high. A general rule of thumb is to plant a border twice as wide as the tallest plant, so a border three metres wide could grow perennials of half this height. Perennial borders can also be successfully placed as curved island beds in lawns, provided you realise that the border will be viewed from all sides, and plan your plantings with this in mind. Because perennials continue to grow, the plants can within a few years be as much as fifty times the size of the initial dormant plants you buy, so don't plant them too close together. It's best to plant them apart at two-thirds the plant height, so 1 m high plants are spaced 60 cm apart. Generally perennials produce taller plants with more bulk, so they cover large areas more easily and look best if planted in groups of at least three or four of the same plant. Avoid straight rows.

Perennials can easily be moved if spacing is incorrect or colours are not blending well, so that next year the mistakes of the first year are easily corrected.

#### **COLOUR SELECTIONS**

A cottage garden should be a restful place, looking natural rather than man-made. It is more harmonious to choose a single colour in various shades, so that you have subtle contrasts instead of the discord of violent colour clashes.

#### **SHADE LOVING PERENNIALS**

With careful selection of plants, it is possible to continue your perennial border into shaded areas of the garden. Some perennials prefer at least part shade, others tolerate fully shaded conditions. Herbaceous perennials that tolerate some shade include; Japanese anemone, bleeding heart and meadow rue, while there is a wide variety of other perennials — ranging in height from short (phlox, hellebore) to medium (columbine, impatiens, bergamot) and tall (tree hycacinth, foxgloves) — from which to choose.

#### **SOIL PREPARATION**

The ideal soil is a sandy loam with a pH of 6 to 7 (slightly

acidic). This soil is easy to work, drains readily and roots grow deep in summer seeking moisture. Poor winter drainage is the cause of most perennial failure, so clay soils will need to be drained with compost or agricultural pipes. Sandy soils dry out too readily in summer and will need copious quantities of mulch — ideally the soil should have about 20 cm of organic material mixed to a depth of 60 cm.

#### **Tips for Beginners**

The following hints will help in successful growing of perennials:

- You will need at least two spade depths of good friable soil, so put some effort into adequate digging before you plant.
- After planting (with plants selected for both height and colour), provide 10 cm of good mulch to eliminate weeds in the gaps and to encourage summer plant growth.
- Plant perennials next to roses or shrubs and underplant with spring bulbs because they are all compatible.
- Fill any gaps with annuals, and don't be too impatient — the second year always shows the best blooms.

#### **Perennial Favourites**

Part of the appeal of these classic cottage garden plants is the folklore that surrounds their origins and use.

#### **FOXGLOVE**

A cottage garden plant for centuries, the common foxglove grew as a wildflower in woods and lanes throughout much of England. It was greatly sought after as a traditional plant and used for kidney and heart problems. The true medicinal variety, *Digitalis purpurea*, must, according to Grieve (1) be pure dull pink or magenta, not pale coloured, white or spotted externally.

Much folklore surrounded its name and over the centuries it was given a mixture of titles, including Fairy's Glove, Fairy Caps, Fairy Thimbles, Dead Men's Bells, and Folks Glove. Its present name is thought to have evolved from the latter, the folk in question being the fairies who were said to inhabit the hollows and woody dells where this flower grew.

In its original habitat, the foxglove grew in dry, hilly pastures, amongst rocks and by the roadside. Modern varieties however, grown in the dryer, harsher climate of Australia do better in amply fertilized soil with plenty of water. Although *D. purpurea* is listed for sale at some herb nurseries, ornamental varieties are easier to procure and just as attractive in the garden. The variety Excelsior is ideal for placing at the back of a perennial border, being capable of reaching 2 m in height, whilst the shorter White Lanata can be grown closer to the front in a sunny position. (Available from Diggers Seeds)

Foxgloves can be grown from seed but it is easier to buy young plants and let one or two self seed in subsequent years. Cut back stalks after flowering to prevent the plant shooting to seed and dying off.

#### **LUPIN**

This is not a classic cottage garden plant from old England, however it did enjoy some popularity in suburban gardens in this country towards the end of last century. There were a number of varieties available with one of the most common being Perennial Lupin (*L. polyphyllus*) a blue/white flowered plant that originated in America.

During the 1940's Russell Lupins were introduced and they soon became established as a popular herbaceous plant. They are still available and come in a rich array of tones and colours, growing between 1-2 metres tall.

Site plants in soil that has had minimal manure added, — when grown in rich soil they grow leaves at the expense of blooms. Plants last about five years. Once established they are very hardy and only require regular watering.

#### **COLUMBINE**

This is an old fashioned garden favourite which has its origins in the woods and copses of merry England. It was listed as early as the 1600's as a plant suitable for growing in window boxes and pots, and in a garden book published towards the end of that century the author spoke of the many varieties grown in gardens.

The generic name — *Aquilegia* — is said to be derived from the Latin word *aquila*, meaning an eagle, because of the similarity between spurs on the flowers and those of an eagle's talons. Columbine, the plant's popular name, has Latin affiliations too. It comes from *columba* meaning dove or pigeon, and was so named because of the resemblance of the flowers to a flight of these birds. Another popular name given to them — 'Granny's bonnets' — was more prosaic but described aptly the charming old world flowers.

Columbines prefer cool climates and although their first flowering may be a little sparse they will continue flowering for several years. Plants grown in warmer areas are treated more as an annual and fresh sowings are required at least every other year.

Plants are best grown in a rich soil in a sunny position but being quite hardy, they can cope with almost any soil type provided they are well watered.

There are numerous varieties available in a range of colours and heights, both as seed and perennial plants. Attractive varieties include *alpina*, which has neat olive-green foliage and exquisite rich blue flowers (30 cm), 'Mrs. Scott Elliot', a tall plant (75 cm) with large flowers in subdued pastel shades and *caerulea*, a short 30 cm) white flowering plant. (All available from Romantic Cottage Gardens).

#### **HOLLYHOCK**

The hollyhock, which has its origins in China, is a member of the Mallow family and is closely related to the herb Marsh Mallow (*Althaea officinalis*). The plant we in Australia refer to as Marsh Mallow is in fact Common Mallow (*Malva sylvestris*) and is less closely related to the hollyhock. In former times the latter was eaten as a pot-herb, though it was not considered very tasty, and the flowers were used medicinally for chest complaints.

Hollyhocks are one of the tallest cottage garden plants, growing 2-3 metres, so require plenty of space around them. Gardeners need to keep this in mind when planning and planting, or they will crowd out their neighbouring plants. They grow well in most soil types but being so tall, benefit from regular applications of compost or rotted manure. Plant in a sunny spot but ensure it is well protected from the wind or the hollyhocks will need staking. Seedlings are susceptible to snail and slug attack so protect with beer traps or encircle with fresh ashes or sharp sand.

Single and double varieties are available and both are

historically appropriate for cottage gardens. The plants self seed easily each year to produce new plants.

#### **LAMB'S EAR**

This favourite of children is a must in your cottage garden. Although not a showy plant, it is ideal for borders and its soft grey colouring blends with other stronger coloured perennials. The felt-like leaves — which really do feel like lambs' ears — are irresistible to children and the plant makes the perfect gift for budding gardeners. *Stachys lantana*, as it is more formally known, blooms in summer with tiny mauve-pink flowers on spiky stems.

#### **DELPHINIUM**

The giant richly coloured flowers common today are not historically a cottage garden plant but it would be a pity to bar them from the herbaceous border for that reason. The name delphinium is derived from the Greek word *delphi* a dolphin, and was given because the buds so resemble this marine mammal. The field larkspur, a wild plant found in the cornfields of Europe was a member of this genus, as are the ornamental varieties which are available today.

Delphiniums are hardy once they are established. Young plants grown in cold climates benefit from some protection in their first winter, and special care has to be given to snail and slug control as those can quickly decimate seedlings.

Soil should be rich and well dug, and plants do better if given regular applications of compost or rotted manure. Regular watering, especially when growing, is necessary.

Although predominantly tall plants, if grown in an enclosed position, they will not need staking. Varieties like Green Expectations (yes, a green flower) and Pacific Giants, grow between 1-2 metres high and would need careful siting for wind protection, but some of the shorter varieties like Blue Sensation (50 cm) Red Cardinale (80 cm) and Zalil Yellow (25 cm) can be planted anywhere. (Available from Diggers.)

Delphiniums grown in cold climates last for several years but those in warm areas often respond more like an annual, and fresh sowing would be needed each year.

Both single and double flowers are available, in all shades of blue, white, pink and more recently green, red and yellow. To make the most of flowers, you can encourage side shoots to bloom by cutting off the central spike after it has finished.

Delphiniums grow well from seed although they are often slow to germinate. Fresh seed is essential.

(1) Mrs. M. Grieve — *A Modern Herbal*, Penguin Books 1976.

#### **Addresses for stock**

Digger's, 105 Latrobe Pde, Dromana 3936.

Romantic Cottage Gardens, Boundary Rd, Dromana 3936.

Last issue we featured a number of addresses of places where interested people could visit cottage gardens, and buy roses, seed and plants. See GR 60, p. 32.

#### **Further Reading**

*Creating Your Own Period Garden*, Peter Cuffley, \$10.50 posted.

*The Cottage Garden Revived*, Trevor Nottle, \$11.50 posted.

These books are available from Night Owl Publishers, PO Box 764, Shepparton 3630.

We will continue Cottage Gardens next issue with a selection of common and uncommon herbs suitable for incorporating amongst your flowers.



# Listen to Short Wave

by Steen Steenstrup, Gunalda, Qld.

For many years now my hobby has been listening to shortwave radio. I would like to share with you some of the things I have learnt, hopefully without being too technical or confusing. For this hobby you don't need a \$2000 receiver (nice if you can afford it!); the radio you already have should do for a start. And since all countries broadcast in English at some time, there should be no problems in understanding the transmission.

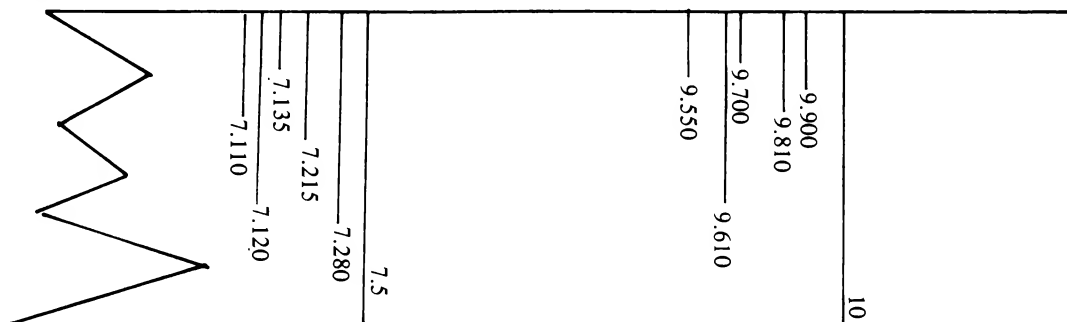
Is it difficult to find the right spot? Well... remember the first time you had to milk a cow, fix a pump or bake bread? You managed it, didn't you, because you wanted to, applied yourself to the task and asked for help when you were stuck. We'll be doing the same here.

First, have a good look at your radio. All are basically similar: on the front you'll see the plastic scale, marked with numbers, letters and perhaps some names. Pull out the telescopic aerial to its fullest extent. If there is none, there should be an aerial connection point on the back of the radio. You can rig up a temporary aerial with several metres of multistranded auto hookup wire. Just clean about 1 cm of the plastic coating from one end, twist the wires and anchor into the connector hole with a matchstick, toothpick or hairpin. (This is just for the first experiment. Later you will get a proper plug to connect the aerial). Run the rest of the aerial up the wall, along the ceiling and, if possible, outside to a tree or mast. An east-west alignment is best. Switch the radio on and turn the volume up a little. Turn the selector switch to shortwave (if your radio doesn't have shortwave, you'll have to wait for a later article on listening to medium wave). Move the pointer on the scale so that it is centred under 10. Look closely at the scale, always from the same angle and height, because when you move the pointer it will only be a hairsbreadth at a time. If you're lucky you'll also have a fine tuning knob, which can search on either side of the pointer without moving it — a great aid.

## To Find a 10

The space between 10 and 11 is 1000 kilohertz (kHz), and the space between allowed broadcast points is only 5 kHz, so theoretically there are 200 different radio stations to be heard in that small space! Don't despair, not all the spaces are occupied, some signals are very weak and some are broadcasting in other directions.

This is my cardboard radio scale.



Now move the pointer s-l-o-w-l-y to either side of the number 10, persevering until you can hear a constant beeping at one-second intervals, then, some seconds before each minute, a male and female voice. Bingo! You have achieved something. You now know exactly where the 10 kHz point is, and what time it is, because that's what the voice will tell you, day and night. The message is: 'At the tone . . . hours . . . minutes UTC', (Co-ordinated Universal Time. It used to be called Greenwich Mean Time — GMT). To convert UTC to Australian Eastern Standard Time (AEST), add 10 hours. Adjust for other time zones.

## Reference Point

What you are receiving is a standard frequency and time signal station from USA (I'll discuss the Australian one later). Actually there are two: the male voice (call sign WWV) broadcasts from Colorado and the female (WWVH) from Hawaii.

This is an important reference point from which to measure. To mark this point so that you can find it again, you can use one of two (or more) methods. Either glue a sliver of paper on the front of the scale and mark a fine line on the exact location of 10 kHz, or cut a strip of firm cardboard 25 mm wide and as long as the scale, hold it hard against the end of the scale and mark 10 kHz with a fine line. With this method, you can mark other reference points on the same card.

You will probably find that the 10 that you have marked does not correspond exactly to the 10 on the radio scale. In some cases the difference is several millimetres, so it's important to keep your accurate reference point.

Now you can experiment further. Turn the pointer slowly down towards 9 on the scale and, particularly in the evenings, you should find many international broadcasts, many of them in English. This area on the scale is called the 31 metre band. As you search, stop when you find a station you like, fine tune it if possible and wait; most transmissions last for only half an hour, but station ID is made several times during a program. As well, at the beginning and end of the broadcast you will hear the frequency on which you are tuned and any others used at the same time, so you will have another reference mark to put on your scale. After a few days practice you will be able to fairly accurately find that station again.

### Finding other Frequencies

Now try to find 5000 kHz. The time signal station from Hawaii also broadcasts on this frequency, so you can get an accurate reference mark. You will then find stations halfway down to 4. Next try the 15, but this will probably be on another line of your scale, so you'll need to turn your band selector accordingly. Mark the reference points on another piece of card and search up towards 16.

By agreement, international broadcasters limit themselves to the following frequencies:

Kilohertz	Metre band
2300-2495	120
3200-3400	90
3900-4000	75
4750-5060	60
5950-6200	49
7100-7300	41
9500-9775	31
11,700-11,975	25
15,100-15,450	9
17,700-17,900	16
21,450-21,750	13
25,600-26,100	11

The Australian time signal station that I mentioned earlier is VNG Lyndhurst, Victoria. It broadcasts on 4.5, 7.5 and 12 megahertz (1 MHz = 1000 kHz), so these reference points will help you to find some of the international broadcasts. You will find that the quality of the signal you receive will vary from day to night or season to season. This variation is caused by fluctuations in the atmosphere.


### Interval Signals

Something that you have to commit to memory as you go along is the sound of each different station's interval signal. It is usually a piece of music of a national character (Radio Australia uses *Waltzing Matilda*) which is played a couple of minutes before the broadcast begins to allow you to correctly tune in your radio. You will soon get used to identifying the tunes belonging to your favourite stations.

### The Really Hard Ones

The last two places for the major broadcasters really are hard to find, and the scale seems to squeeze together higher up on the frequencies. The only reference mark you may be able to get is on 20, if you can find our friends from Colorado and Hawaii, but you will probably have to do some guesswork here, unless a friendly local radio buff can help you with transmission of known frequencies. It is possible to find them, so good luck and keep trying. The rewards of discovering the world by radio are worth all the effort.

The next article will deal with more advanced aspects of this topic: keeping accurate records and making your own aerial for short-or medium-wave listening.



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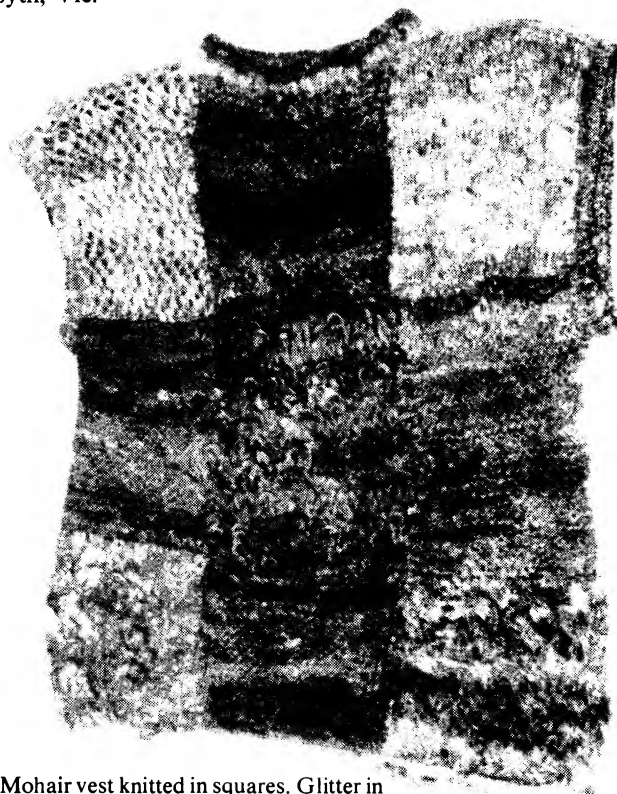
# SPINNING AS A CREATIVE ART

by Lis Potter, Kilsyth, Vic.

Spinning to me is economical (garments keep me warm) and is also a creative art. The fleece is worked from the beginning to the finished garment or article. I can say I have truly achieved something of my own, whether it be stick spun or wheel spun.

As we live in the Eastern suburbs we do not keep our own sheep, so I buy my fleeces from growers, and different places we have visited. I have quite a few contacts for fleece from folk who know I spin and they usually let me know the telephone number of a friend or relative who owns sheep. Mostly I buy coloured fleeces, some of them from Tasmania, Swan Hill, Warrnambool, Wandin North, Castlemaine and West Australia. I always keep my eye out for fleece so I have collected many and use them regularly. We built a small shed in our back yard to store odds and ends and quite a bit of that is my fleece. When we were in Tasmania we went to a wool store in Moonah where they occasionally sell fleeces to the public and there I bought three. In West Australia we saw a small sign out the front of a farm house where I bought ginger coloured fleece. Sometimes local markets like Castlemaine might have fleeces for sale. It is a matter of keeping your eyes open and collecting contacts wherever possible. Remember when buying fleeces that long stapled ones will spin more evenly than those with short staples.

I do not have the time to dye my wool, so I use mohair brushings (commercially coloured mohair in bits and pieces) which I buy from Mohair Magic in Croydon. They are usually dry but the colours give an effective appearance in the jumpers. This shop will send material Australia wide; it also has available coloured threads, in similar colours to brushings, which can be used for knitting or used with spun wool. The Croydon Market sells glitter which comes in handy in knitting up the garment to give them a special touch; also I am always on the lookout for cheap bright commercial wool. I also add acrylic to my son's jumpers for durability as his jumpers have to be tough. Sometimes I spin one ply and knit straight from



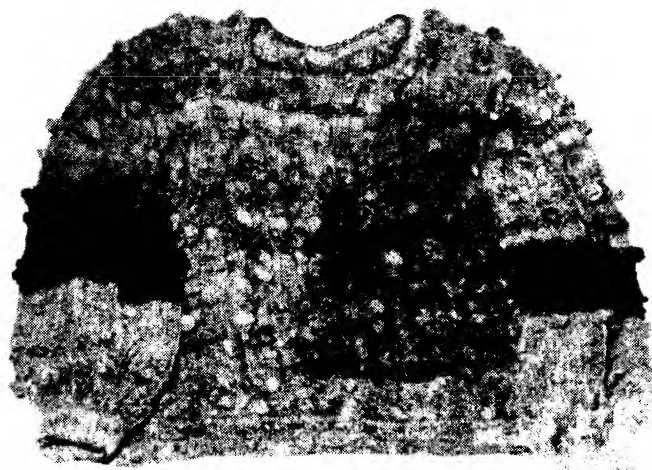
Mohair vest knitted in squares. Glitter in centre square, neck line and arm holes.

my bobbin, using the coloured threads as a second ply. This also is effective. With my mohair brushings I 'splash' (the colours are everywhere and in no particular order but they co-ordinate) the colours in any part I want, like using a paint brush and just splashing a bit of colour anywhere. Sometimes I crochet small designs and sew them onto articles to give them a different appearance e.g. tea cosies and billy cosies.

With my jumpers I use *The Harmony Guide to Knitting Stitches* by Lyric Books Limited, *The Woolgatherers Handspun*



Centre panel with jumper worked around it.



Bobbie jumper using mohair brushings, and glitter.

*Pattern Book* or *Traditional Knitting* by Southern Cross Decorative Magazine, which also has a similar book for crocheting. Supermarkets, newsagents and craft shops often have inexpensive books with useful patterns in them. I can enlarge these patterns to the limits of my imagination. Sometimes I do a centre panel of cabling or another pattern and work the rest of the jumper around it, which means a lot of measuring and counting stitches. I like to add character to my garments, as I know what I have created will not be the same as anyone else's, so it is unique and original. One of my daughter's jumpers can be worn either way, so if she is in a hurry she would not have to worry about the back or the front.

I have often been asked how much time a creation takes. I do not think in terms of time and feel that this craft should not be measured in time unless one spins professionally. What is important to me is that each year the family is provided with jumpers and they are always ready before winter. As I am out a lot I use a spinning stick, which becomes quite fast with practice. At the present moment I can get 90 g of wool on my spinning stick bobbin, which I am rather pleased with.

In conclusion, a garment to me represents an artistic creation while also being warm, practical and a joy to behold. I have taught folk to stick spin for itself or to get them used to using fleece for wheel spinning. Stick spinning complements a wheel as the effect is different, or it can be used instead of a wheel if I am travelling or waiting somewhere. To me spinning is a very satisfying art which I have no words to describe. The photographs included are examples of garments which are currently worn.



Two sided jumper (wear either way).  
Butterfly pattern again using mohair brushings.

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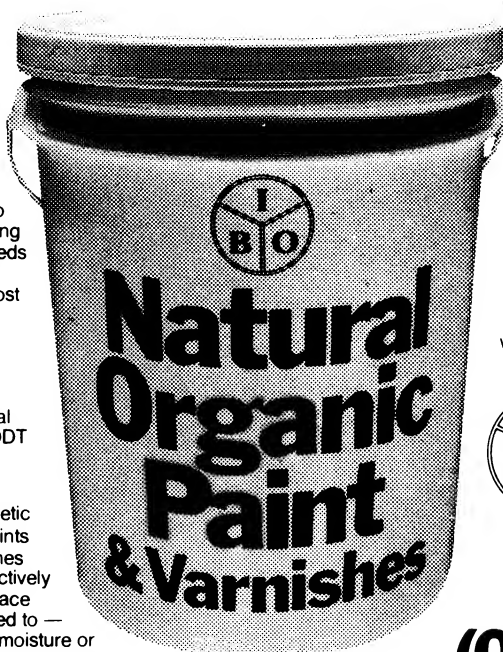
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# A SIMPLE HOMESPUN JUMPER

by Keryn Suthers, Moorina, Qld.

Here is a pattern for a homespun jumper which is basically four rectangles. It fits someone about a size 12 but it would be easy to enlarge the pattern. I spun the wool to about 12 to 14 ply (after plying) and used 850 g (1 lb 14 oz) in a white and had a small amount of black spun to about 8 ply.

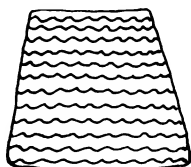
## Method

You will need a large crochet hook and a pair of No. 3 knitting needles.

### FRONT AND BACK (make two)

Cast on 55 stitches and work 12 rows in garter stitch.

Next row, knit 18, increase 1 stitch, knit to last 18 stitches, increase 1 stitch, knit to end. Repeat last 13 rows 6 times (you should then have 69 stitches). Continue until this measures 42 cm (16½ in). Cast off loosely.

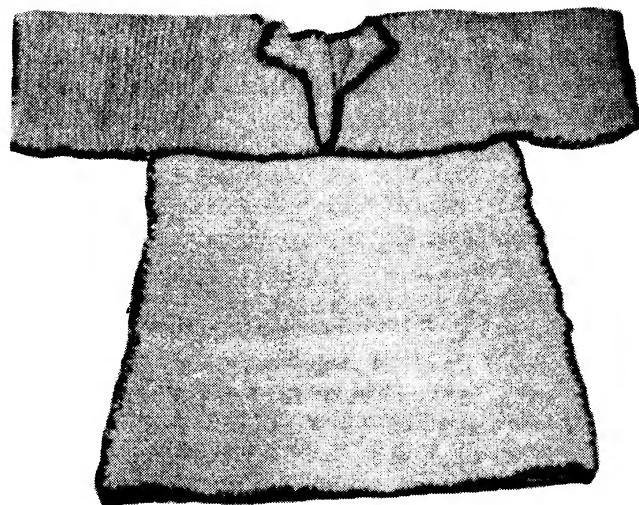


This will look like a rectangle which is slightly wider at the bottom than the top.

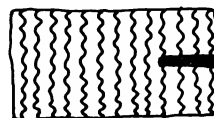
### SLEEVES (make two)

Cast on 50 stitches and work in garter stitch for 13 cm (5 in). Tie a coloured thread at each end of the last row to mark the underarm. Continue in garter stitch for another 13½ cm (5¼ in).

To make neck opening: Knit 25, turn. Continue in garter stitch on these stitches for a further 7.5 cm (3 in). Cast off. Join the yarn to the remaining stitches and repeat.



When finished it should look like this.



They will look a bit like this.

I joined all the pieces with double crochet on the right side so that the crochet showed as a contrast. I also did a row of crochet around the hemline, sleeve edges and neck edges.

# SOCKS FOR LITTLES

by Grace Martin, Warren, N.S.W.



With winter upon us and people getting out their wool and needles, I thought some of our family of readers might be interested in this easy pattern for making a pair of socks to fit a child up to 2 years old. The pattern could be adjusted to make them larger.



Colin showing off — in his handknitted socks.

## Materials

One pair size 8 needles

8 ply wool. You need a couple of balls, but I use up scraps left over from the jumpers I knit.

## Method

Cast on 42 stitches and knit 2 plain 2 purl for 5 cm (2 in) for cuff, then stocking stitch (one row plain, one row purl) for 22 cm (8¾ in) or length required.

Next row: knit 2, slip one, knit 1 pass slip stitch over, knit to last 4 stitches, knit 2 together, knit 2.

Next row: knit 2, purl 2 together, purl to last 4 stitches, purl 2 together through back of stitch, knit 2. (You can make the socks all knit if you prefer)

Repeat these 2 rows till 16 stitches remain, cast off. Sew up using flat stitch. This sock has no heel, the decreasing goes under the foot.

I make these socks for my grandson and he loves Nanna's socks because they are so warm and cosy.

# WINTER WOOLCRAFTS — WINTER WOOLCRAFTS

## JENNY'S PONCHO/DRESSING GOWN

by Carolyn Davis, Engadine, NSW.

Last winter Jenny borrowed my poncho when she was home with the flu and found it so cosy and comfortable she asked for one to be made for her ('but not in those natural colours you like Mum').

I had used Earth Palette dyes previously, so I went to a NSW Spinners and Weavers' mini-workshop to bring myself up to date and came home loaded up with new colours and fresh inspirations. For me the main advantage of these dyes is the fact that they are not boiled into the wool, simply squeezed into either raw fleece or spun wool, which is then wrapped in plastic and left overnight (or microwaved). The wool is then rinsed and ready for use. Also the colours mix like paints so you can create your own colours easily.

Jenny's poncho is warm enough for Sydney, but in colder climates I would ply with wool, use a smaller hook size and use individual balls of colour to obtain the striped effect.

I spun fleece dyed blue, rubine (a fuschia colour) and violet with a handful of white in between, about 6-8 ply (single thread) and then plied it with a blue and mauve cotton. (One cotton would be sufficient). This gave an irregular striped look to the garment and the coloured cotton brightened the offwhite wool. As it was to be a one off garment and I like variation, I hand carded enough for one ball, spun it and then crocheted until I finished the ball. I made the poncho in four days, but must admit to doing little else on those days.

The whole garment took 7 x 100 gram balls and I used a large hook (7.00) to make it light and open in appearance.

### Method

The poncho can be made whatever length and width you wish.

1. Loosely chain double the length from shoulder to knee (or length required, Jenny's is 180 cm). The garment is made in one piece.

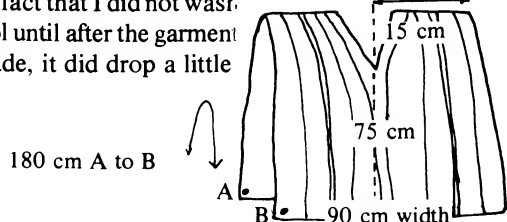
2. Crochet two rows of double crochet, one row treble and 2nd row of treble into the back loop of first treble row.

Repeat these four rows until half desired width (we find elbow length is ideal as it leaves the arms free for cooking, reading etc. Jenny's 45 cm). End on first d.c. row.

3. Then double crochet 75 cm, chain 32, miss 32 d.c. (or neck opening desired) and continue as above, finishing with two rows of d.c.

4. I finished the edge with crab stitch, which is d.c. inserting the hook to the right instead of the left. Ordinary d.c. would be O.K., and a fringe could be added if desired.

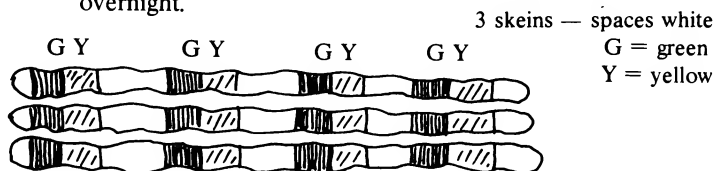
Because of the large hook and the fact that I did not wash the wool until after the garment was made, it did drop a little



This garment, although made from wool, I would consider a fire hazard for young children because of its open sides. For safety it could be made shorter, say hip length, and with the sides partially sewn up like a tunic top.

### More on Dyeing

My sister Susan had just sheared Mum's sheep Mork and Mindy so Mum (Dorothy) had lots of white wool. She decided to make variegated wool by laying damp wool skeins lengthwise, dribbling dye across and pressing in with a toothbrush. She wrapped the skeins lengthwise and left overnight.



The result was so good, she quickly spun up some more white to dye with different colours, but this time she microwaved each skein. She dyed one large damp skein for four minutes (this worked well but requires further investigation regarding weight of skeins and time).

Mum also simply poured dyes onto a damp ball, lightly squeezed and microwaved, which gave a very irregular variation to the wool, similar to crampot dying.

I successfully dyed a completed offwhite jumper bright yellow, to the joy of its owner. I would have liked to squeeze in a variety of colours, but will have to wait until I make up a jumper of my own, so back to the spinning wheel!

# Cudn't it be Lovely

by Ian Edwards, Castlemaine, Vic.

I was sitting looking a cow in the face, drinking coffee and thinking about life. The thin winter sun fell gently on my back, just warm enough to make it not quite worth the trouble to go and get my jumper. (I'd just been cutting the lawn and my jumper was hanging in the tree where I had left it when I got hot). Against all precedent I'd had to mow the lawn in June. Normally the cold days and the night frosts stop grass growth in its juicy tracks, but not this time. The recent rain and the late-season sun had dragged the grass from the damp soil like green noodles through a noodle maker.

Cutting the grass on our farm is always a major expedition of rediscovery.

'So that's where the garden hose disappeared to.'

Or, as I examine the mower-chewed remains of one of Morgan's toys, 'Daddy you found my super-brrrr car!' A much greater problem, though, is the feeling of futility. I recognise a real bond with those men who paint the Sydney Harbour Bridge. No sooner have they reached the northern shore after years of rust chipping and painting than they trundle back to the south shore to start again.

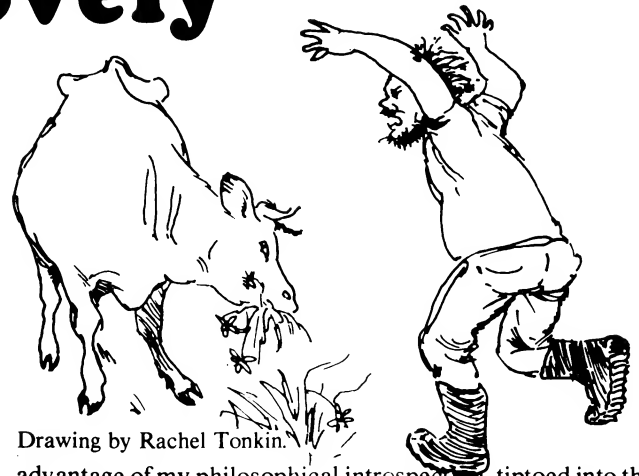
In fact it's even worse for me, because there is only a hypothetical distinction between our huge rambling 'lawn' and the surrounding paddocks. Grass in the fields is pasture, the taller the better. Grass in the garden is lawn, which has to be mowed and raked and piled whenever Helen's insistent complaints finally wear down my resistance.

That was why I was staring a steer in the face. I could almost smell its new-mown-hay breath. I had opened the gate and let our two head of cattle into the garden. It was an ideal solution. I was fattening the herd and cutting the lawn at the same time. This solution to our grass glut had taken considerable effort and ingenuity. It had begun to develop in my brain as I had to change the mower blades. A slight undulation in the middle of the front lawn had turned out to be the long-lost yabbie net from the ancient days of spring.

The idea took on a much more solid shape half an hour later when the mower began its trick of stalling everytime we hit some minor obstacle, like a stick or stone or Morgan's bike. When a mildewed golf ball from Rebecca's golf crazed days was spat viciously back through the place where the rear guard should have been and ricocheted from one of my ankles to the other, the idea took urgent practical form. The cows could hardly believe their good fortune and I rested for a while, worn out by both my mental and physical exertions.

The problem then became one of ingratitude. Far from standing still in the rankest greenest patch and chewing like a ... well, like a contented cow, they kept moving around. I had to get up and shoo them four times before I'd finished my second cup of coffee. One ended up standing in what used to be the strawberry patch before the jungle took over, the other vanished behind the water tank.

The sun slanted in from the north. Somewhere in Africa, or India maybe, it was burning fiercely down from straight overhead, shrivelling the parched crops. My grass stretched itself and basked like me in the gentle rays. The cows, taking



Drawing by Rachel Tonkin.

advantage of my philosophical introspection, tiptoed into the front garden. I had to get up and move my chair.

You'd think they would have been happy with knee-high clover, but no, they had to nibble the trees and graze on the flowers. To make matters worse, Helen and Rebecca came trotting up the drive from their morning gallop. Helen asked some rather pointed questions about why half the grass was still un-mown. Her mouth took on that particular, pursed look well known to husbands of farmers' wives. However that didn't stop her taking advantage of my theories on agricultural utilisation of domestic lawns. She turned her horses loose and I was left keeping an eye on them as well.

Fair dinkum, it got to be a real nuisance. I was constantly up and down driving horse or cow from tree, flower or washing. One time while I was rousting a steer away from the rhubarb, bloody Robbie (Helen's horse), came and snaffled my fruit cake.

It struck me that the crux of the whole matter was the value of labour. It would be economic nonsense, I decided, to build fences to keep cows out of gardens and then go and cut grass IF only somebody would watch the cows. I was preening myself on my own willingness to expend the nervous energy required to cut grass, graze stock and develop important new agricultural concepts, as I moved the pillow slightly. Then one of the idiot beasts got stuck into the early jonquils.

There had to be a brief flurry of activity. I saved the remaining flowers and stuck some of the severed stems back into the ground, hoping Helen wouldn't notice the exceptionally short blooming time of right-side-of-the-garden jonquils. Meanwhile Robbie was mixed up with a sheet and Penny (Rebecca's horse), was munching the cats' dish.

When at last I could settle down again, there were green teeth marks on my pillow and the level of coffee in my cup was suspiciously low. One of the cows burped contentedly. My thoughts then turned to the advantages of tethering. It was a pleasant thought, neatly cropped circles of lawn with well-behaved beasts industriously getting plump. As our lawns were chewed down we could set up a lawn-mowing and fertiliser business. (Burning the candle at both ends so to speak.)

When we lived in Singapore there was a minor grazing saga played out in the pages of the 'Straits Times.' A Tamil

herdsman was told by some government department that he had to get rid of his twenty-odd cows. Somehow he had them tethered in mysterious bits of pasture in and around blocks of flats and empty lots. He appealed on religious grounds, claiming as a Hindu he needed to keep a few beasts around him. I was rather sorry for the chap for a while, until I read the neat reply from an office of the department concerned. It seems that the same herdsman had been warned several years before but had won an appeal on religious grounds. He 'just wanted to keep a few cows' around him. In the intervening years however, his herd had tripled in size and he was doing a thriving business in black market milk.

At that moment one of my steers yawned hugely, breaking into my thoughts of an agricultural business empire based on my sitting in the sun watching animals eat. I yawned back contentedly. They had both lain down, the horses were still. A

## LOOKING AFTER YOUR SPINNING WHEEL



The most important thing to do to make sure your wheel gives many hours of trouble free spinning, is to oil regularly all the moving parts, especially if you have a wheel where there are metal parts moving in contact with wood. It is good practice to oil bearings and spindle each time you change a bobbin. Keep leather oiled too. If it dries out, it will become brittle and quickly break — usually at an inconvenient time. Don't forget to oil the bit where the footman connects with the drive shaft through the centre of the wheel, and the points where the treadle pivots. Every so often, spread paper on the floor and lay the wheel down and oil through the centre of the wheel. Leave it prone overnight to allow the oil to penetrate properly — you will be surprised at how much easier the wheel will turn. Don't neglect the wood — keep the wheel away from direct sunlight, free from dust and grit and, if it is oil finished, feed it as you would your furniture and it will repay you with faithful service.

Clean out the orifice regularly — a build up of grease can have an effect on the amount of twist that is inserted by slowing down the feed-in. Use a cotton bud and a suitable solvent — meths or white spirit — and dry off with a tissue.

If you need to replace the drive band use some cotton string of suitable size. Untwist the ends for about 3 cm (1½ in) and cut off one strand from each end (loop around the wheel and business ends to get approximately the right size). Then, when you are about right, oversew the two ends together. No knot to bump each time it passes over the spindle whorl!

Reprinted from *Guild News* the newsletter of the Handspinners and Weavers Guild of SA.

few bees fooled by the unseasonable warmth blundered sleepily among the nodding blooms. Cattle prices had recently risen dramatically. Staring at me through the lavender branches, still with a mouthful of jonquils bobbing yellowly from their jaws was around \$800 worth of minced steak and sausages.

'Eat' I thought to myself, 'Eat my little beauties. Get fat. Daddy doesn't begrudge you a few flowers.'

Suddenly they both stirred. The one that had been in the rhubarb patch stood up and totally disgraced himself. It was like a contagion. Before my startled eyes cow and horse alike desecrated the lawn (and those poor long-suffering jonquils) in an orgy of evacuation.

I herded them back into the paddocks, then collected my wheelbarrow and shovel. Much later I wearily started up the lawn mower again.

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# Natural Goat Care

by Pat Coleby, Garfield, Victoria.

Each time I finish writing one article, I wonder vaguely what I will write about next time — but by the time 'next time' comes, the file is full of bits of paper with cryptic precis of telephone calls, and letters, as well as other slips of paper with things I've thought of in the interval — so I needn't really worry! A further note on GR 58's article, about the goat mentioned at the beginning. I had a telephone call the other day from her owner enquiring when she should kid, I had told her, and did so again — three weeks ago! So again she will have to wait until the true breeding season in March, hope she comes in season normally and even more important conceives and carries normally. Meantime the doe is rising 3½ and should have been milking ages ago. Old does brought into milk for the first time rarely reach their true potential.

I am just returned from the East Gippsland Organic Agriculture Association Inc., Australia Day Organic Farming School — three days actually of very interesting talks and exchange of views. The setting was nice and quiet, but with enough modern amenities to satisfy the more particular; on the shores, or just above, Lake Victoria. Chris Alenson was, as usual, a mine of information on soil fertility and the whys and wherefores. Jason Alexandra and Rowan Reid were very interesting on trees and agroforestry both for fodder and profit, showing how we can both enjoy and utilise trees. Vern Lawrence spoke on rock dust fertilisers which are being much used in the States; and I have to keep reminding myself that is virtually what dolomite, magnesite and ground limestone amount to anyway, which we've been using for quite a while. I spoke on animal health, and restoring wrecked land. The audience came from all over, even Queensland, so the interest is there. A vet friend of mine who always is very active at these gatherings, and helped run this one, provided confirmation of something I have suspected for a while. Goat kids that have been fed pasteurised goats' milk from positive does should not be tested until they are a year old — as is advocated in Europe but not here. They, having been fed the dead virus, will show passive immunity up to nine months or more, and regrettably quite a few have already been put down for that reason. Of course it is possible that they may have picked up the infection from another source, but unlikely; however the test at a year will be conclusive apparently.

In November I had to judge over in the western part of the state, and also deliver a buck kid to my cadet judge. I stayed the night at Bacchus Marsh en route, and Romulus stayed in his teachest, after going for a walk round the neighbourhood. The drive across Melbourne had been very hot, and in spite of being quite OK when we left everything was pouring straight through him when we arrived at the Marsh. Not having my usual medical supplies with me that I take when showing, I was obliged to start thinking. They are very keen organic gardeners (the kombi was laden with ten bags of very ripe goat manure, and if anyone had dropped a match would I am sure have gone bang!) and grew a lot of roses. I noticed Romulus made a beeline for one of the little dwarf roses, just eating the flowers as fast as possible, so I picked all the dead and dying ones I could find, hoping he knew what he was doing — he did

— the scouring stopped in about an hour. Of course it might have done anyway, but I think the roses did the trick.

I am constantly amazed at the number of people who ring me up, or write saying they have read my book, and then proceed to ask questions that it would have answered quite simply, not so bad when there's an sae involved, which isn't too often, but somewhat irritating when there isn't. One caller from Tassie, who had not got it, rang me because she'd read what I said about mallow for coccidia in GR; she'd already lost a number of kids, and another was very ill. The vet had said coccidia, but there were no real clinical reasons for the supposition from what I could gather, she said they had mostly died of bloat. The awful thought struck me and I asked what she was feeding them, a question that usually provides quite a lot of answers! She named a well known brand of calf milk replacer, which contains tallow, somewhat broken down but tallow nonetheless. Unfortunately she had not read an article written some time back on just that subject. At the time of writing so far as I know there is not a safe milk replacer for goat kids on the market, most of them have tallow, and the only one that hasn't contains antibiotics; I look forward daily to hearing that someone is now marketing one we can use. The alternatives are: pasteurised goats' milk (see earlier para. in this article), fresh cows' milk, or re-constituted full cream milk from the supermarket. I just hope the information was not too late for the Tasmanian caller.

A NZ correspondent writes to ask if copper deficiencies really do cause footrot and scald, or to put it the other way round, can the supplementation of the mineral stop the conditions from arising? I and many others now have found that this is so, very wet winters and mud hold no fears for my goats, or horses for that matter (they get mud fever, greasy heel or whatever), they all receive seaweed meal ad lib, which contains enough copper in many cases, but on this farm which is copper-less they get it in their rations as well. The goat book says how to feed it, NOT in neat spoonfuls please — too much copper is about as dangerous as too little.

A friend rang from SA to ask how much Vit. C it was safe to inject into a goat with a bad throat abscess, her vet had told her it was dangerous stuff and she should only give it a few ml. Sadly the vet is misinformed, it is safer than anything else I know. If I suspected a throat abscess was liable to cause a blockage, or was discharging pus into the goat's system, which I have seen happen, I'd give that goat 20 ml by injection at least, for two or three days, and then supplement with about 5-10 gr by mouth until danger was past.

Another rang about off flavours in the milk, which had cleared up temporarily using a B12 injection. She had my book but hadn't so far fed as I advocated very seriously or given the minerals I suggest, I told her to have the milk tested, and amend the diet as fast as possible.

Vitamins are really the short term solution, they can be used therapeutically, as above, or as a boost for an animal that has been ill, or as in the case of vitamin C, as a safe antibiotic. Behind every vitamin deficiency is a much worse mineral one, and when that has been rectified it should not be



necessary to give vitamins very much. Conventional (chemical) farming suppresses the uptake of many vitamins and minerals to quite a large degree, above 25 percent in many cases, so there is a reason why so many of us have to resort to mineral supplementation. I fell into the trap, as I have written previously, on this farm, thinking I was giving the goats enough copper and cobalt, but after using several bottles of B12 and VAM (a highpowered mineral vitamin injection) I eventually realised that I'd slipped up, and started increasing the mineral supplementation.

A part of every goat keeper's routine, whether milk or fleece, whenever handling the animals is to pull down the bottom eyelid and check that the membrane is a nice healthy dark pink. Two friends who rang me with problems recently whom I sent from the phone to do just that came back to inform me in horrified accents that the membranes were quite white, which I'd suspected. In one case it was a massive barbers pole worm infestation (*haemonchus contortus*), and possibly in the other case too, although a large copper/cobalt shortfall seemed the more likely cause. The latter case came and collected a VAM and B12 injection for her four, some copper to add to the feed, and instructions to let the goats have their seaweed meal ad lib, not just a teaspoon per week as she had up to now. The former was put on a fortnightly drench programme (that is the life cycle of the barbers pole worm), as well as the other supportive measures. I've heard of quite a few similar cases recently, this worm likes the warm weather, strange though it may seem. Up to the last ten days or so we have not had much heat in this part of the country, and it tends to lie dormant in the gut until the hot weather really gets into gear. Hence the sudden rash of anaemic and sick goats, because it is a blood sucking worm.

After some discussion Kelp Commodities, who market the local brand of seaweed meal, have arranged to make a goat grade one which is somewhat cheaper than the very well milled horse grade. It is in fact exactly the same as we have always been getting, but apparently horse people (not this one) had complained because it was too fine and they occasionally found whole bits of seaweed etc in it, so they were obliged to install very expensive machinery to make the meal into a very even sand like consistency, and needless to say, charge more for it. The goats didn't work nearly so well on it as they did on the fine one (which is also better to put on the garden in my experience) so I managed to persuade them to make the old powdered variety available for goatkeepers again. Should you experience difficulty in getting it in your district, ring the head office in Melbourne and they should be able to help you — (03) 720 2200. It is still as far as I am concerned the safest and most effective way of ensuring that goats can obtain the trace minerals they want, as well as iodine; that and dolomite are really all that is needed to keep animals in reasonable health provided they are properly fed. My son's racehorses that do have the run of the farm have very quickly learned to nip into the goat house and help themselves as well, so horses do know what they need, not just goats! One commercial milking concern that I know always drenches any goat that looks off colour with a tablespoon of seaweed meal and one of dolomite, mixed with water, and swears it is the best treatment he knows!

## Permaculture Course

by Helen Turner, P.A.S.A, Kingswood, SA.

Permaculture is a system which develops designs for living environments by integrating plants, people, animals and buildings with climate and topography, taking into account social, environmental and economic factors. This means that the house you live in, the plants you grow and the animals you keep should form part of an integrated whole, suited to your individual lifestyle and appropriate to the build of your land and the particular climate of your area.

A permaculture system is designed for self-sufficiency without a heavy input of energy once it is established. It should be a stable, self-regulating system that evolves and improves with time, concentrating on plants and animals that are useful, self-reproducing and adapted to the particular area. The system will be complex, as the idea is to have as much variety as possible, so that species complement and assist each other and there is a great diversity of products available for the longest possible season.

The aim is longterm sustainability, the ethic is care of the earth and its people.

Bill Mollison is one of the pioneers of this design for living, and has long been involved in training people who want to put his ideas into practice. He and others have established the Permaculture Institute, which conducts intensive courses for the Permaculture Design Certificate. Certificate holders are classified as Trainee Designers after two years of applied work and may apply for the Diploma of Permaculture Design in their particular fields. Permaculture designers and associations are now established internationally.

The Permaculture Association of South Australia has asked Bill Mollison to conduct a two week Design Consultants' Course in June 1987. This course is intended both for people already familiar with Permaculture and for those who have yet to discover its exciting ramifications. The course will be run from the 14th to the 28th June, 1987. The first week will be a non-residential 36 hour course at St. Pauls Retreat in Adelaide and the second week will be residential at Natural Springs Community at Harrogate, South Australia, with accommodation in mud brick cabins on the property. Midday meals will be provided in the first week and full catering for the second week.

The course content will include principles of natural systems and design, pattern in design, classic landscape profiles, land access and development commerce, aquaculture and mariculture. For full details of the course content, accommodation arrangements and other enquiries please contact Helen (08) 271 4306, Ulrike (08) 356 3247 or Colin (08) 46 1884, (08) 46 5074. Total cost for the course is \$490.00 though scholarships are available to people who represent environmentally active organizations or community groups. These can be applied for by writing to the Permaculture Design Course C/- H.C.F. 17 Green Street, Brompton 5007.

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### Chilblains

Take ¼ tsp Cayenne Pepper three times daily or rub the juice of a snowdrop bulb on regularly. Herbs and Homoeopathy are good to improve the circulation.

# CRYPTIC GRASSWORD

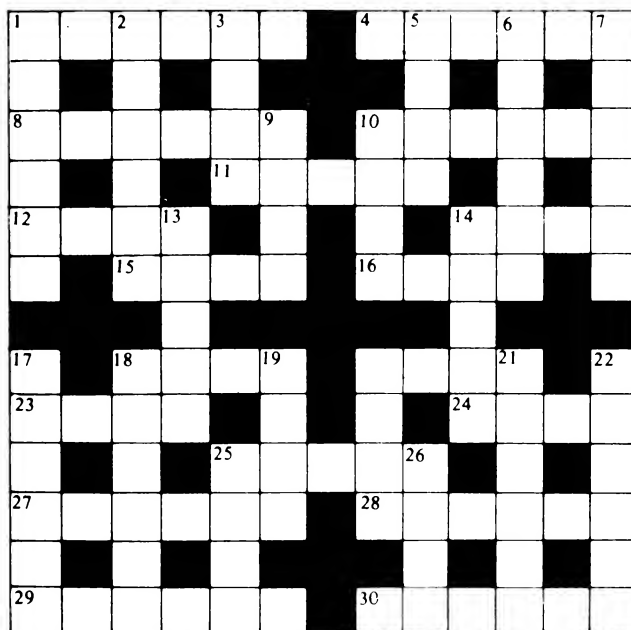
by M. Riley, Newborough, Victoria.

Across

1. Blossom from feline relative.
4. Afraid of cedars.
8. Mother and son in a jam.
10. Sentence in capri sonnet.
11. Gigolo calmly covers the vicinity.
12. Girl in Britain.
14. Sign from women.
15. Heater in love nest.
16. Shift not worn.
18. Propagated are in bed.
20. Trust in surely.
23. Aid for a wager.
24. Siren is too much for father.
25. Playground for adults.
27. Lovely for a barrage.
28. Banished Lex die confused.
29. Drawer returned bounty.
30. I am used to being entertained inside.

Down

1. Scared about the trees.
2. Mat in too for sauce.
3. Object of worship in splendid old world culture.
5. Ring lock.
6. User rises above me to continue.
7. 'Dig Inn' for eating.
9. Up or down it gives you time of day.
10. Has date in tree.
13. To turn from a vertical position.
14. End of approvals for sports' grounds.



17. Slaver produces tray.
18. Roar from a bell owner.
19. Obligation paid to customs.
20. Gear used for storm.
21. Concedes gains.
22. Wanted, but not by the police.
25. Ears change to wither.
26. Former morning test.

*Solution on page 68*

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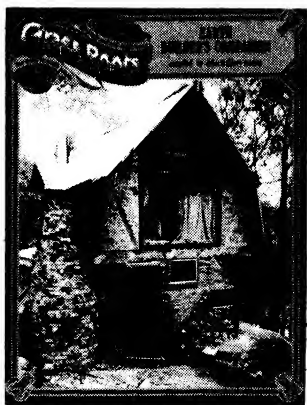
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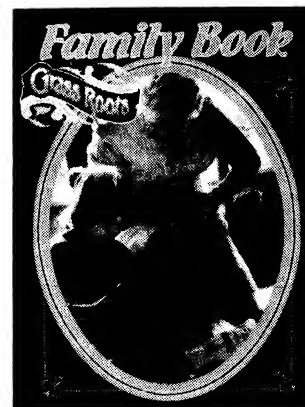


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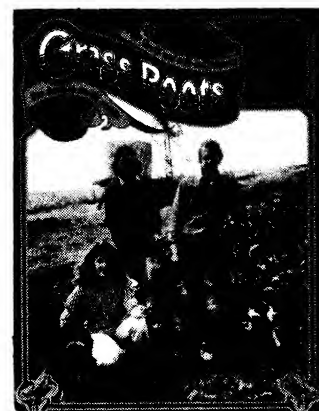


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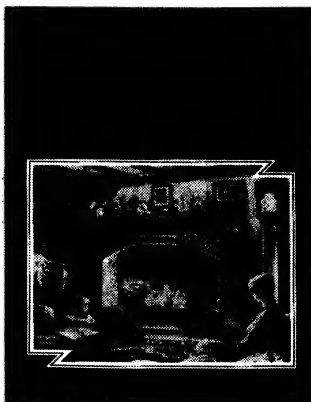
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## BOOK NEWS

June, 1987.

Winter again — in case you hadn't noticed! — and the ideal time for settling in front of the fire with a good book. This issue concentrates on winter crafts and cookery, so I've selected some exciting new books on spinning, knitting, patchwork and other crafts suited to this time of year. There are collections of delectable food ideas too, so the whole family can be involved in creating delicious and nourishing meals to ward off the winter chills. Of course I've included some old favourites as well, for all ages and tastes.

I'm really looking forward to the relaxation of winter evenings, after a hard day's work — and a long, cold drive home! Hopefully the fire will be going by the time I get there, so I'll be able to sit and toast my toes for a short time before the evening chores. Baby son Ben is just starting to 'read', so he'll be on my lap sharing his latest book. I hope he enjoys reading as much as the rest of the family does. Here's to cosy winter evenings!

Bye for now,  
Kath.

### CRAFT

**THE ASHFORD BOOK OF SPINNING** — Anne Field. Soft cover, 152 pp, Aust. RRP \$19.95.

Here are straightforward directions for learning to spin on an Ashford horizontal wheel, though the information should be applicable to most other types of spinning wheel. Explanations are clear and well illustrated, taking the reader step by step through the basic processes of choosing a fleece and a wheel, carding, spinning and plying the wool. Other chapters cover dyeing, felting and knitting with handspun wool. A very useful beginner's guide.

**AUSTRALIAN PATCHWORK** — Margaret Rolfe. Soft cover, 150 pp, Aust. RRP \$19.95.

The aim of this book is to inspire people to use traditional methods to create truly Australian patchwork, using for inspiration the animals and plants that are unique to this country. The book covers methods of piecing, quilting and applique, and gives patterns for beautiful quilts, cushions, wall hangings and many other useful and decorative articles. Directions are clear and there are plenty of diagrams and superb colour photographs. Good value.

**AUSSIE FAIR** — Liz Gemmell. Soft cover, 72 pp, Aust. RRP \$7.95.

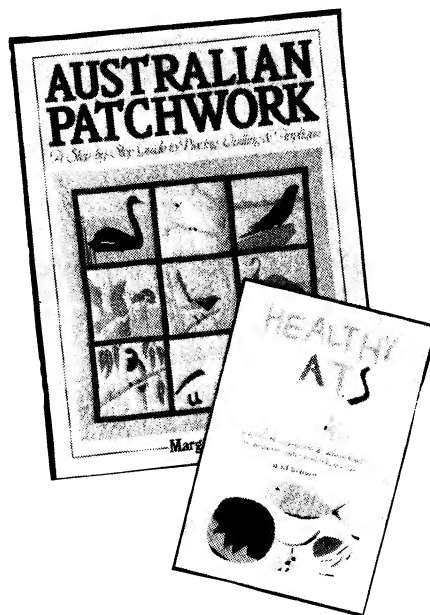
Real Aussie designs for creating wonderful jumpers using simple Fair Isle techniques. Clear instructions and diagrams will help beginners to master this method and then go on to create their own unique designs. But beware! Everyone who sees your work will want you to knit them a jumper from one of these delightful patterns featuring Australian animals, flowers and famous landmarks.

**Other popular craft books available:**  
**CREATIVE FELTMAKING** — Kay Donald. \$5.95.

**LOCKER HOOKING** — L. Paguera. \$11.95.  
**DYEMAKING WITH EUCALYPTS** — J. Carman. \$12.95.

**THE WOOLGATHERER'S HANDSPUN PATTERN BOOK** — Alb/Wod. Handweavers & Spinners Guild. \$8.00.

**KNITTING PATTERNS FOR HOMESPUN WOOL** — Isabel Black. \$4.00.



**THE QUILTMAKER'S HANDBOOK** — Michael James. Soft cover, 147 pp, USA. RRP \$26.50.

A manual that gives easy-to-understand instructions and step-by-step photographs to illustrate each stage in the quilting process. Instructions cover both pieced work and applique techniques, so that beginners can make traditional quilt patterns or create their own unique and original designs. Covers every stage of production and has hints on care of the finished article.

**STARTING OUT IN STAINED GLASS** — Mt. Tom Stained Glass Artisans. Soft cover, 148 pp, USA. RRP \$18.95.

Comprehensive advice from experienced craftspeople on all aspects of choosing, cutting and using various types of glass to create beautiful decorative objects. There is a detailed list of the tools required for this type of work, and each process is clearly illustrated. Emphasis is placed on developing sound basic techniques, which the beginner can then apply to more challenging projects.

### COOKING

**HEALTHY EATS IN AUSTRALIA** — Gail Brown. Soft cover, 112 pp, Aust. RRP \$9.95.

The first guide to Australian vegetarian and wholefood restaurants, this is an extensive though not comprehensive listing of health food eateries around the country. Descriptions of each place include details of hours, special dishes and some indication of prices. Includes representative recipes, but does not cover many country places or Tasmania. Otherwise very useful for travellers.

**AN AUSTRALIAN COOKERY NOTEBOOK** — Paula White. Hardcover, 154 pp, Aust. RRP \$14.95.

A beautifully presented notebook, both attractive and useful. It has recipes from our colonial past, and is enlivened by helpful hints and illustrations from the same period. There is plenty of space for adding your own recipes in each section, fish and meat dishes, salads and cooked vegetables, soups, desserts, cakes, preserves, and so on. Would make a delightful gift for a trainee cook.

**NUTRITIOUS SNACKS FOR KIDS** — Judith Ryles. Soft cover, 104 pp, Aust. RRP \$4.95.

Lots of delicious recipes for snacks that kids can make for themselves, at the same time learning about good nutrition and what makes a balanced diet. There are quick snacks, cooked dishes, frozen treats and drinks, with emphasis on fresh fruit, vegies and grains. Though a few recipes could do with less sugar and processed food, most prove that snacks need not be junk, and healthy food can be fun.

**SMOKING FOOD AUSTRALIAN STYLE** — R. Gribling. Hardcover, 78 pp, Aust. RRP \$17.95.

Delicious ways of preparing and cooking smoked meats, game, fish and seafood — even vegetables, eggs and cheese! This book explains how you can smoke food at home, using such basic equipment as a frypan or wok, and sawdust or tea leaves for fuel. There is also a description of how to make an inexpensive smoker suitable for large cuts of meat, and information on smoking your catch in the bush.



**NUT HARVEST COOKBOOK** — Pamela King & others. Hardcover, 136 pp, Aust. RRP \$14.95.

This timely book should encourage everyone to experiment with new ways of including nuts in meals. The recipes look and sound delicious, with suggestions for all types of dishes from soups and entrees to vegetable, seafood and meat dishes and even some delectable sweets. Many recipes also include variations low in fats and sugar. Great ways of using this great food source.

## GARDENING

**COMPANION PLANTING IN AUSTRALIA** — Brenda Little. Hardcover, 94 pp, Aust. RRP \$9.95.

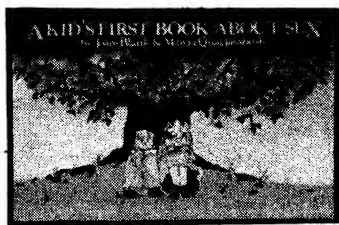
This lovely book is filled with practical information on what grows best next to what. The author feels one of the best aspects of companion planting is the way it puts fun back into gardening. It can be fun deciding where to grow different plants and it's most rewarding to see the corn flourish when grown next to pumpkins, or lettuce with carrots, or onions with...

**BONSAI WITH AUSTRALIAN NATIVE PLANTS** — D. & V. Koresheff. Soft cover, 56 pp, Aust. RRP \$9.95.

A handbook for those who know the basic techniques of this ancient craft and want to try their skills on Australian native plants. The authors explode the myth that bonsai is difficult with these plants, and give details of starting, pruning and shaping a variety of natives, from eucalypts and banksias to figs and pines. Well illustrated with diagrams and photographed examples of this painstaking art.

**CREATING YOUR OWN PERIOD GARDEN** — Peter Cuffley. Soft cover, 176pp, Aust. RRP \$9.95.

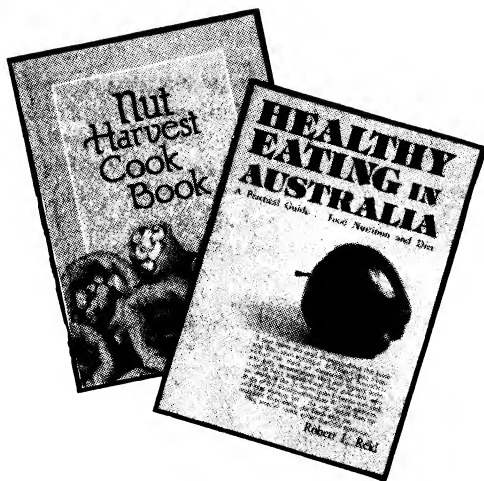
Peter Cuffley provides a step-by-step plan, based on a thorough knowledge of Australia's gardening heritage, for restoring an old garden to its former splendour or creating a new one in the traditional style. The book covers research and preparation, trees, paths, garden buildings and furniture as well as comprehensive lists of suitable plants and their requirements.



## BUILDING

**RESTORING OLD HOUSES** — Ian Evans. Soft cover, 144 pp, Aust. RRP \$19.95.

A detailed guide to the research and techniques needed to restore the dwellings of our colonial past to their original state. Profusely illustrated with photos and drawings of Australian houses of the late 1800's and early 1900's. Also contains a comprehensive directory of suppliers of the special products and services needed for this task. Valuable for anyone restoring an old house and not sure where to start.



## HEALTH

**HEALTHY EATING IN AUSTRALIA** — Robert L. Reid. Soft cover, 284. pp, Aust. RRP \$14.95.

Subtitled *A Practical Guide to Food Nutrition and Diet*, this book describes clearly and fully what we should eat and why. It is a no-nonsense approach to nutrition, examining our dietary needs while avoiding extremes. It includes guidelines for developing a basic healthy diet, with variations of high-fibre, vegan, lacto-vegetarian, no dairy products and slimming diets. Food for thought.

**SOUND HEALTH** — S. Halpern & L. Savory. Soft cover, 211 pp, Aust. RRP \$9.95.

*Sound Health* is the study of the effects of music and sound on the mind, body and spirit. The authors have found that sound — whether it be the music of instruments, the voice of a singer, the hum of conversation or the roar of traffic — can be a powerful ingredient for health. *Sound Health* presents alternatives to noise pollution, and shows exactly what we can do to create the sound we want and need. It also offers a variety of ways to use relaxing and healing sounds for total benefit.

**A KID'S FIRST BOOK ABOUT SEX** — J. Blank & M. Quackenbush. Soft cover, 48 pp, Aust. RRP \$5.95.

This book aims to give kids a healthy respect for themselves, their bodies and their emotions as they grow into sexually aware adolescents. As well as giving basic physical information, it covers such subjects as nudity, the need for privacy, masturbation, homosexuality and intercourse in such a matter-of-fact way that children can learn and ask questions without embarrassment. Good for parents too.

## SELF-SUFFICIENCY

**TREES FOR THE BACK Paddock** — N. Oates & B. Clarke. Soft cover, 298 pp, Aust. RRP \$25.00.

A comprehensive manual for all those who are interested in the ecological and economic benefits of tree planting. The book covers all aspects of tree establishment and management, from choice of trees and site preparation to protection, usefulness and marketing of tree products. Includes clear tables comparing different species, and a useful list of organisations available to help farmers with this vital task.

## KIDS

**SCIENCEWORKS** (Aust. edition) — Ontario Science Centre. Soft cover, 86 pp, Aust. RRP \$9.95.

If you want to know how to make a solar speedometer, see round corners, find out why an iceberg floats, or amaze your friends with 'magic' tricks, this is the book you need. It has lots of fun things to do, and each experiment is accompanied by a clear explanation of what happens and why. Only simple equipment is needed, so these experiments can easily be done at home. Have fun while you learn.



**A IS FOR AUSTRALIA WALL FRIEZE** — John Brennan. Aust. RRP \$11.95.

A series of beautiful colour photographs from all around Australia to illustrate the letters of the alphabet. There are some surprises as well as the expected dingo and koala — V is for Vegemite, for instance! Wonderful photography, and set off beautifully by the black background, it should appeal to older children as well as the very young. Also available as a hardcover book for \$12.95.

## GENERAL

**HIGH TECH HOLOCAUST** — James Bellini. Soft cover, 259 pp, Aust. RRP \$14.95.

This book is a high-powered warning of impending disaster. The author documents the horrifying effects of industrial pollution and uncontrolled technological change on our global environment, poisoning the air we breathe, the food we eat and even the medicines that are supposed to cure us. A strongly-written and very frightening argument that time is running out for our fragile ecological balance.

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# AGROFORESTRY

by Irene Maxwell, Woodend, Victoria.

One of the most significant developments in farming recently is the promotion of agroforestry throughout the rural community. Farm forests have numerous benefits extending well beyond those pertaining to the landowner, and include environmental, aesthetic and ecological impacts.

Small landholders, as well as large, can and should involve themselves in agroforestry, whether intending to remain on the one property, or with a view to moving on at some stage. Agroforestry is an investment: for the individual farmer, for the land itself, and for Australia's farming future.

Every landholder has some corner of their property which is unproductive. Whether the area is too steep, or boggy, rocky, eroded, salty, exposed to extreme weather, degraded in some way, or whatever — there will be a tree species which will cope with the particular adverse condition, arrest any decline of the land, encourage diversification of bird life, provide fuel, fodder, shade, shelter, and even act as a superannuation fund if valuable timber trees are planted.

Landholders can 'go native', with a huge list of native trees and shrubs for practically any situation. Or mix native with exotics for a truly versatile farm forestry approach. There's no need to spend vast sums — an investment of a hundred dollars once a year will buy you two or more hundred trees, depending on source, which can be planted out by hand, mulched, watered, and left to grow on.

The importance of trees on farms cannot be overemphasised — not the sterile rows of cypress and radiata pine so popular with conventional farmers, but mixed stands for all purposes. If each landholder merely planted the farm boundaries to trees, imagine the difference to the landscape in a few short years' time!

The benefits of agroforestry are enormous, in both the short and long term, and it does not require a degree in agriculture to make the most of the huge variety of trees on offer now, just a little research of your area's climate, soils and conditions — the sort of information even newcomers to the land can glean within a short time. Talk to neighbours, dig up some soil from various parts of your land, observe your land through a winter — does one area stay wet into spring? Another area remain dry throughout? Find out about your land and you can find trees to suit any variations within it.

The Forests Commission nurseries provide seedlings as well as plenty of information on which trees are best planted where. Once you have some basic information under your belt, you can try collecting your own seed — from fallen limbs of eucalyptus, for instance, in nearby state forests.

There are so many trees and shrubs to choose from, for all manner of uses, that even a cursory interest in finding out about agroforestry will pay off handsomely.

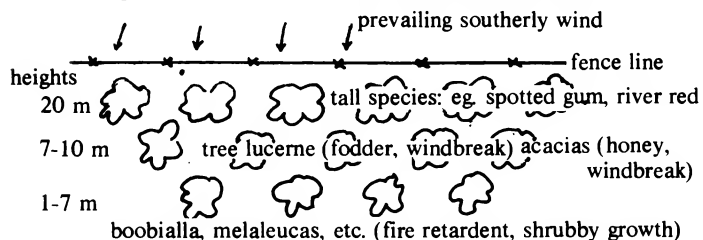
Consider, perhaps, a group of rare timber trees to be planted along a fence line. You won't harvest these trees for twenty years, but when you do, there's your comfortable retirement paid for! In the meantime, having a growing bunch of say, walnut, perhaps the native red cedar *Toona Australis* or some native pines — whatever the choice for timber

production, there's a tree to suit.

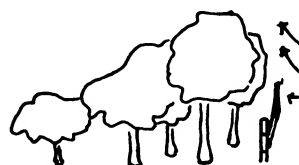
Depending on your location, rainfall and soil types you can grow trees and shrubs for all purposes:

- windbreaks: eg. salix (willow) hybrids (very fast growing, fire retardent, windfast)
- windbreaks in wet, boggy areas: eg. casuarinas (*stricta*, *obesa*, *cunninghamiana*), eucalyptus (*camaldulensis*, *ovata*, *occidentalis*, *cosmophylla*)
- exposed, dry, rocky sites: eg. eucalyptus (*stellulata*, *sieber*, *polyanthenios*)
- soil binding, erosion control: eg. *Casuarina cunninghamiana*, honey locust, etc.

You can have stands of trees with mixed purposes: for example — a shelter belt in a three-tiered layout can include:



In the fullness of time (and these examples are fast growing) your windbreak will appear thus:



— and provide several useful, re-usable resources.

Arm yourself with a few reference books, visit Forest Commission nurseries, join any one of several groups promoting agroforestry and tree conservation, and learn to farm in the long-term. You'll add value to your block, whatever its size, prevent or control land degradation, increase bird populations (plant small shrubs in and around orchards and vegetable gardens for pest control) and you'll make a positive contribution to the environment.

## Sources of information and supplies

*Permaculture 1 & 2*, Bill Mollison, et al; all sorts of information to draw on for species selection and planting.

*A Field Guide to Australian Trees*, Holliday and Hill: most useful to visualising those tiny seedlings when full grown! Much information on sources of rare and valuable timber, also honey producers, etc. *Tree\$ for the Back Paddock*, by Nan Oates and Brian Clarke: written specifically to assist and encourage farmers with tree planting. It is reviewed in the *Book News* in the centre pages.

*The Weekly Times* is valuable for sources of seeds and seedlings, also advanced trees. In the classifieds, under garden supplies, you'll find all manner of trees on offer from all corners of the state (and country).

The Forests Commission also have pamphlets covering subjects such as: design of windbreaks; raising seedstock; trees for special purposes; coastal planting, and so on — all free of charge, and extremely useful. Forest Commission nursery tree lists have details of great value; a sort of mini 'grow, what, where'. The Natural Resources Conservation League (NRCL) of Victoria provides advice on tree planting, has an informative newsletter for members and supplies farm trees from its own nurseries.

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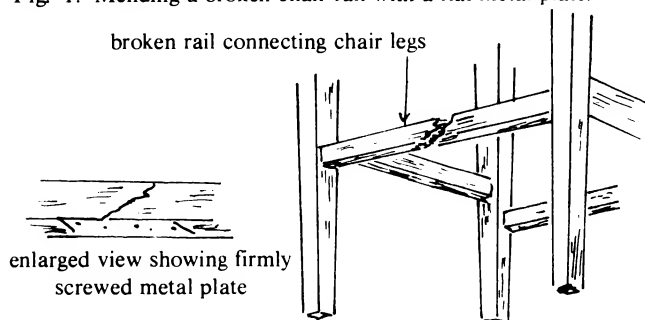
# Repairing Broken Chairs

by Bill McManus, Mittagong, NSW.

Here's how to fix all those wobbly wooden chairs that you've got hanging around the place-- the ones that no-one is game to sit on in case they collapse under the weight of a solid posterior. Someone else's, of course!

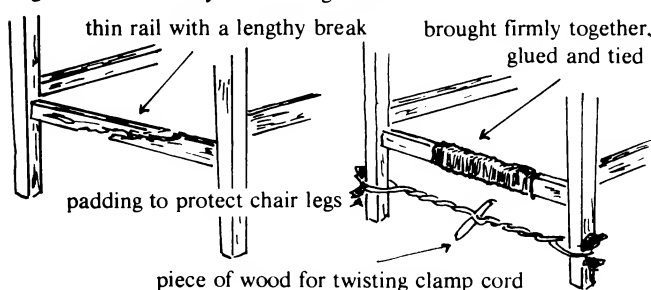
Where a chair rail is cracked or broken, screw a flat metal plate (most hardware shops have quite a selection of these and useful angle pieces too) firmly along each side of the breakage. If the wood is thick enough, use a chisel and sink the flat place into the surface of the wood. See fig. 1.

Fig. 1. Mending a broken chair rail with a flat metal plate.



Sometimes the broken rail is too thin or the wrong shape to take a plate. If so, you can glue the broken surfaces, bring them together as tight as possible and fix with a screw — or two if there's room. Not possible? Use the glue, bring the broken ends together and then tie a cord in a tight loop around the two legs joined by the broken rail. Increase the pressure by twisting a piece of wood in the cord — like tightening a tourniquet (Fig. 2). Make sure you pad the chair legs with rag or thick cardboard to stop the cord cutting into the wood. When you're sure the glue is thoroughly dry, this cord can come off.

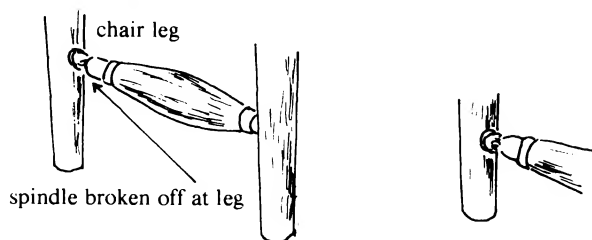
Fig. 2. Another way of mending a rail.



You can use glue and pieces of dowel to fix a spindle that's broken where it joins the chair leg. Bore out the end of the spindle, insert a piece of dowel and glue in place. Fix the other end of the dowel in the chair leg in the same way. See Fig. 3. Sometimes you can use a long screw instead of the dowel: countersink the screw head in the seat or whatever part of the chair it passes through.

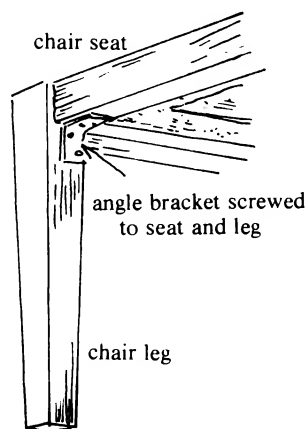
With flat surfaces, a metal angle or bracket will make a secure join (Fig. 4). Where possible, put the bracket where it

Fig. 3. Repairing a leg spindle with dowels



won't be seen and sink it flush with the wood — this needs a good sharp chisel. Bore holes for the screws: it's less strain when you're working the screws home and you're not as likely to split the wood.

Fig. 4. Strengthening a seat rail.



A long diagonal break in a spindle or leg can be joined with glue, then bound round tightly with string until the glue has dried (if necessary, you can use the tourniquet here as in Fig. 2). Get rid of the string and reinforce the join with a couple of fine screws. Sink the heads in well and cover with wood filler — that wonderful stuff that you can get ready stained (or plain) from your helpful hardware man. Use for filling cracks and all those holes where you've lost the bit that should have fitted back in.

Check chairs regularly for loose joints. The old books advise you to do this weekly — when you polish the chairs! In our household, polishing happens once in a blue moon, which is why all our chairs need major surgery instead of simple therapy with glue and a few angle pieces for positive reinforcement. Seriously, any looseness in the joints will put strain on the whole piece, so it's worthwhile to occasionally spend a bit of time and do a quick check — before great-aunt Ermytrude falls through one of your shuddery seats and disinherits you!

## AUSTRALASIAN SURVIVOR

The magazine that prepares  
its readers for the coming  
hard times. \$2 for sample

P.O. Box 11,  
DICKSON, A.C.T. 2602



### ON THIS LAND

*The wind used to blow through here  
Through empty panes and cracks in the wall  
The roof has part disappeared  
Possums lodged in the ceiling  
Birds nested among its rafters  
Rats near the fireplace  
Snakes slithered under the floor.  
The doors have parted from their hinges  
The out house has collapsed  
The porch lost one support  
There's an old dray near the shed  
A sulky in the open barn  
The stockyard is overgrown  
The wire gone from the fowlyard  
A traction engine rusted tight  
Some horseshoes near the block  
A truck with no engine or tray  
A tractor missing wheels and sump  
The windmill unbladed, silent  
Water tanks full of holes  
The paths covered in moss  
The garden weeds among stones  
And I wonder who used to live here  
And I wonder where they've gone*

*Stephen R. Pope.*

*Fresh scented gentle rain falling from the sky  
Washing and purifying to create the beauty of the Earth  
Hauntingly fragrant each droplet . . .  
With the moment lasting forever . . .*

*Bonnie Quilter.*

*When the snow  
Touches the roof  
An' the birds  
Have flown away  
An' the milk cart  
Don't come round anymore  
Mist will fall gently  
On the window pane  
Go on, gaze out  
Mother Nature  
Is still alive*

*Jan Ferrari.*

### PRESERVATION

*The countryside cringes  
As developers ponder  
Where next to rezone,  
What bushland to squander.  
With little respect  
For the beauty of nature,  
Promptly the removal of trees  
Irrespective of stature  
Leave results unimpressive.  
Streets of concrete and tar  
Stretch into the distance,  
Designed purely for traffic.  
Our countryside so special,  
Each green verdant valley,  
Or rocky covered slope,  
All need our protection  
Or face extinction.*

*Jean Opperman.*

### CONDUCTOR

*Magician wave your wand  
and speak to us with your hands.  
Let them float and bounce  
like butterfly wings  
over the full burps of the tubas.  
Harness and mould the sound,  
let it paint you, sculpt you.  
He turns his face to the side,  
his eyes tightly closed  
disgusted with concentration.  
His little finger is raised  
an oboe cascades  
and now, grimacing in pain or love  
with his elbows digging into his sides  
he is the baby that is suckled,  
the lover that is ravished.  
The cruel music seems to torture him  
and set him free.  
The harpsicord-snowflakes  
falling softly onto pine-trees,  
the violinist's hands tremble  
for his gaze  
but he is slouched, at peace,  
dancing with a large butterfly.*

*David Cole.*

### THIS WINTER

*This winter's night, not so cold  
these hills, walking, crushing  
stones underfoot, guided by the  
white quartz, the dark hazy  
shapes of trees, arm in arm  
to the plateau.*

*The lights down the glen  
the dull reflections, of the dams  
up here, far below the stars  
and my daughter moans, let's  
go back . . . when I wanted to linger  
savour the darkness, my eyes  
groping to make out the shape  
of eternity.*

*On the way down, holding  
her little hand, thought,  
the philosophies, the  
rhetoric, the 7 o'clock  
news, what use up here  
this winter's night  
the air so sweet, euphoria  
at hand.*

*D. Fraser Mackay*

### REGRETS

*Thinking now of times before.  
Of what I've done and who I've hurt, the love I've pushed aside.  
The troubles that I've caused for all  
It hurts me now to think, that for so long I never cared,  
For all those caught and hurt in my mess.  
To think of this now my eyes grow cloudy,  
My heart begins to sink,  
As I feel for those that loved and cared a sense of deep regret  
For the things I've done and the ones I've hurt,  
For the love I pushed away.  
To realise now they really cared and the fault was none but  
mine.  
The love was always there, I just never really cared.  
Through the lies, the cheating and my attitude.  
My loved ones I did hurt.  
But now with clear and healthy mind I think again,  
Of sad and lonely days, of how to say sorry  
And begin to repay the kindness care and loving,  
That was always there.  
I can see now how wrong I was to hurt those all around.  
With my feet back on the ground I've opened my eyes to see the  
pain I caused,  
but the love is still there just waiting for me,  
I just never realised.*

*Steven Byles.*

### NO TIME

*There is no time for dreamers in this world.  
Their time vanished long ago, in days of old;  
Days when there was time to dream,  
And space to dream in.*

*No time today to lie in the meadows  
And ponder the earth's mysteries;  
The secrets of the reeds,  
The sorrows of the hills,  
The splendour and glory in the mind's eye  
As the clouds change shape and colour.*

*Everything today is all rush and hurry,  
Work and money, work and money.  
Today the artist's master-work  
Is to build a new machine.  
No room for the gentle artists —  
The philosophers, the poets, the painters.*

*And yet they persist.  
The changing times cannot hold them back.  
There will always be time for thoughtful things.  
Yes, the time and space have gone  
But we have not . . . we dreamers.*

*Jeannie Lawson.*

### SPINNING WHEELS

*Her moving foot  
Goes up and down,  
To turn the wheel  
Round and round.  
The whirring wheel  
Spins the wool,  
Softly turning, quietly whirling  
Circling, reeling, rolling, stirring  
Round and round  
Rhythmically.  
Another wheel is softly turning  
Moving, stirring, pulsing, whirring  
Coiling, curling  
Round and round.  
Spinning dreams  
Creatively.  
With power from the unseen wheel  
She generates a special strand,  
A hidden ply within the wool.*

*Carole Williams.*

# KIDS PAGES

## Dear GR Kids,

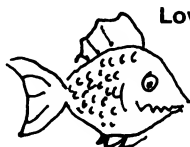
I'm back at boarding school after two weeks of holidays at home, which was great. I slept in some mornings and others got up and helped Megg feed the chooks. I love coming home and seeing all my pets. The silkies have been broody and brought out three chicks, and there are four others, half grown, from earlier in the year, a black, a grey and two whites. They are so gorgeous and look like puff balls.

I always spoil the cats when I come home and sneak them into my room. There are six of them now and the last two kittens are heart breakers — Wedgie, a pretty buff coloured boy and Minnie, a strange looking tortoiseshell female. Megg says they moon around for weeks after I go back.

Speaking of cats, I collect pictures and cards of them and stick them on my walls here. I also have three pot plants and an aquarium with six fish. I love feeding them, they are so sure and deft. They will be gliding along and then suddenly do a sharp upward turn as easily as pie.

I like to try and make my room here homelike. I share with two other girls from farms — Bethany, my best friend and Melanie, an avid reader like myself. We have a lot of fun and the last few nights have been drawing pictures together in our room. We've done a couple and they look great on the wall. We think we've got one of the nicest and homiest rooms.

I'm writing this in Prep time — an hour every night — and I have reams of homework. Must finish —

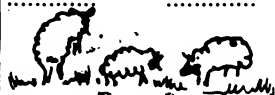


Love Suni.

## How Clever Are You?

Do you really know very much about farm animals? Yes? Then see if you can complete the list below. In the first column are the names of some farm animals, the second, the sound they make, the third describes how they move and the fourth, the animal or bird's favourite food. How many more can you add?

horse	neigh	gallops	grass
pig	oink	trots	swill
duck	quack	waddles	snails
.....	.....	.....	.....
.....	.....	.....	.....
.....	.....	.....	.....



## Today's Child

*A conceiving*

*A beginning*

*A growing*

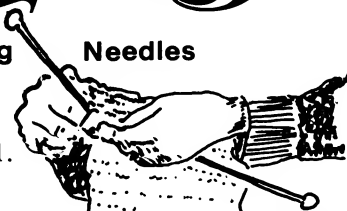
*A living*

*All this, yet they still complain.*

Virginia Berry, Woodville 2321.

## The Magic Knitting Needles

by Sarah Cartwright,  
Penfield Gardens 5121.



One sunny day I got caught in an unexpected shower of rain and sheltered under a rainbow. Suddenly, I saw Easter Bunny so I followed him. He led me to a hole and we went down and came to a door which said, To Fairyland. I went through it and I found myself in a wool shop. Everything in the shop was free so I asked for some knitting needles and wool. When they gave it to me I went down the hole and through the door and I found myself under the rainbow again. I walked back to my grandma's and I started to knit the beautiful colours. Soon, I got very sleepy and nodded off to sleep.

Four hours later I woke up and saw a big knitted blanket on the floor. I said, 'These needles must be magic. They knitted all my wool into a blanket'.

I skipped and sat on my blanket. All of a sudden it began to rise in the air. Steering wheels and a computer appeared. On the screen it said, 'What land would you like to visit?'

I typed, 'Land of Presents and Surprises'.

The carpet went at full speed out of the window. It was going 180 kilometres per hour. Then I started steering. I just missed a cloud, burst through a rainstorm and bumped into the rainbow. All of a sudden my blanket stopped and we had reached the Land of Presents and Surprises. I got off my blanket and it turned into a jumper because it was very cold.

Suddenly, elves and fairies jumped out and shouted, 'Surprise! Surprise! Happy Easter!'

They gave me a magic wand, a basket full of Easter eggs and a toy Easter Bunny.

Then my jumper turned back into the blanket and the next thing I knew I was back at my grandma's.

## COOKERY CORNER

### Bird Seed Biscuits

Roast 1 cup of each of the following . . .

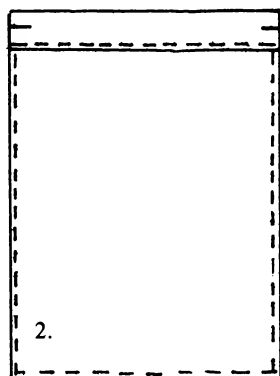
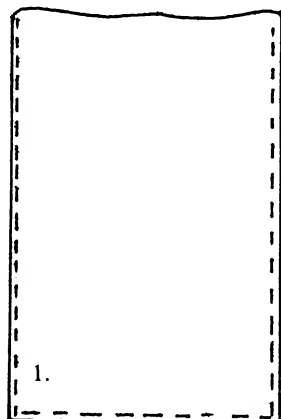
- sunflower seeds
- sesame seeds
- coconut
- cashew pieces
- dried fruit e.g. sultanas
- ¾ cup of raw or brown sugar with ¼ cup of honey and 100 g butter
- or ½ cup of honey with 100 g butter

Melt ¾ cup of raw or brown sugar with ¼ cup of honey and 100 g of butter in saucepan and heat till bubbling. Mix liquid and dry ingredients together thoroughly. Place in biscuit tin and set in fridge. Once set cut into slices.



# MAKE A MARBLE BAG

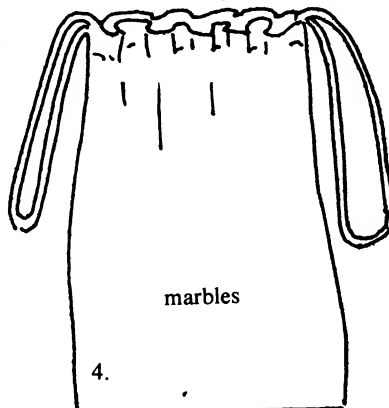
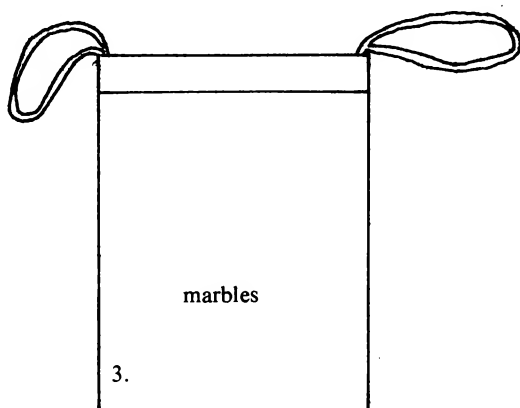
by Susan Sawyer, Morwell, Vic.



This little bag will hold a variety of small toys beside marbles — small farm animals, soldiers, gumnuts, counters or buttons.

1. Take 2 pieces of bright cotton fabric 18 cm x 24 cm and placing right sides together stitch on 3 sides.
2. Fold top over to wrong side and stitch to make channel for drawstring. Leave room each side to thread ribbon.
3. Turn the bag to the right side. Thread ribbon. Using a contrasting fabric pen write **MARBLES** or name on front.
4. Fill bag with marbles or toys and draw up string. Makes a good gift for a friend.

## What's the Difference Between . . .



A sick horse and a dead bee?

One is a seedy beast and  
the other a bee deceased

A flea and an elephant?

An elephant can have fleas but  
a flea can't have elephants.

A married man and a bachelor?

One kisses the missus and  
the other misses the kisses.

## CANDLE PAINTING

You will need:

drawing paper  
paints and large paintbrush  
candle  
knife  
pencil

- Think carefully about the sort of picture you want and then faintly pencil a design on the paper. You may like to draw an animal, flowers or a simple scene.
- Shave the candle with the knife, ending up with a sharp point.
- Draw over the pencil line with the candle, pressing hard so that the wax will stick to the paper.
- Mix up some paint in a saucer, making it quite runny. A dark coloured paint gives the best results.
- With your brush, paint over the design and if it's not too large a piece of paper, all over the paper. As you do so, the picture will appear. Leave to dry.
- Next time when drawing with the candle, try using different lines — some straight, some wiggly, and see what sort of effect you get if you paint over it in different colours.

## PENCIL CRICKET

This is a good table game that can be played by all ages. It is a game of chance, based on cricket, but can be an exciting game for two players.

To make the game, get two pencils — ones that have flat sides — and with a blade cut along each side for about an inch removing the paint so you can write onto the wood. When you have finished the cutting, the pencil should be able to roll along the table and show a different side each roll. Prepare two pencils in this way.

On the first pencil, using a pen, write the numbers 1, 2, 3, 4, 6 and **HOWZAT!** onto the six sides. This pencil is for the batsman. The other pencil is for the bowler and should be inscribed with the words bowled, caught, runout, stumped, LBW and not out.

To play: Two players decide who's going to bat and bowl. The batsman rolls his pencil along the table and writes down the runs he has made for each roll. When the '**HOWZAT!**' appears on the top side, the bowler comes into action and rolls his pencil to determine the outcome. The batsman continues until all his men are out and then the other player goes in and has eleven men to bat before the game is over. It makes it interesting if scores are kept in the same way as real cricket.

# While the Billy Boils.....

*Winter is upon us once more. Cold, crisp mornings with dew droplets clinging to spiders' webs while the school children crack the ice on puddles as they wait for the bus. My thoughts have turned to hot, nutritious casseroles and soups that give warmth and energy. Delicious pies and steamy puddings straight from the oven or pot just like mother used to make. This issue we have presented a range of nostalgic recipes from an earlier era when pennies were scarce and people had to make the most of what was readily available.*

## Farmers Pie

- 226 g (½ lb) diced carrot
- 226 g (½ lb) diced potato
- 1 small turnip, diced
- 1 stock celery, chopped
- 113 g (¼ lb) peas
- 113 g (¼ lb) diced onion
- 2 tbsp chopped parsley
- 1½ cups cheese sauce: recipe follows
- salt and pepper to taste

### Pie crust:

- 170 g (6 oz) wholemeal flour
- pinch salt
- 45 g (1½ oz) cooking fat
- 45 g (1½ oz) margarine
- ½ tsp powdered sage

Preheat oven. Cook vegetables until tender and drain. Stir in the cheese sauce and parsley, pour into a medium pie dish and top with pastry.

### Cheese sauce:

- 30 g (1 oz) margarine/butter
- 30 g (1 oz) wholemeal flour
- 1½ cups skim milk
- 90 g (3 oz) grated cheese

Melt margarine in a saucepan, then add flour and cook stirring, until it bubbles. Remove from heat, and gradually stir in milk. Bring to boil and stir until it is thick and smooth. Reduce heat and add cheese, stirring until melted.

Pie crust: Rub cooking fat and margarine into the flour and salt in a bowl until the mixture resembles fine breadcrumbs. Add the sage. Stir in sufficient cold water (2 tbsl) to form a dough. Knead lightly on a floured surface until smooth.

Roll out the pastry a little larger than the top of the pie dish. Cover the dish, making a small hole to allow steam to escape. Bake in hot oven until the pastry is browned.

## Leek and Potato Soup

- Serves 4 to 6
- 4 large leeks
- 1 onion
- 4 large potatoes diced
- 45 g (1½ oz) margarine
- salt and pepper
- 1¼ lt of stock, or vegetable water

Wash the leeks thoroughly and cut them into small pieces, using as much of the green as possible. Peel and chop the onion.

Melt the margarine in a large saucepan, and lightly fry the vegetables, without browning them. Stir in the salt and pepper and stock. Bring to the boil, then turn down the heat and simmer for about 40 minutes or until the vegetables are cooked.

Blend or rub the soup through a sieve. Return to the saucepan and heat thoroughly before serving.

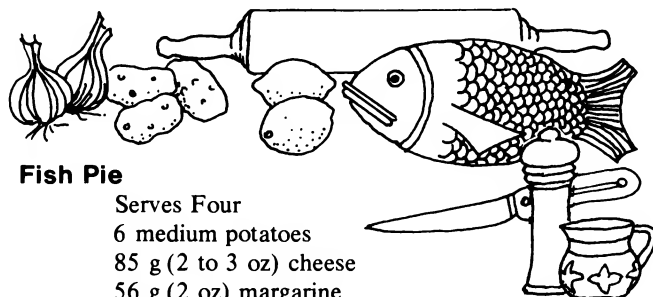
## Dried Green Pea Soup

- 226 g (½ lb) dried green split peas
- 1½ lt stock
- 2 medium-sized onions, diced
- 1 diced carrot
- 2 sticks of celery, chopped
- ½ tsp dried mint
- salt
- black pepper
- 30 g (1 oz) margarine or butter

Soak the peas overnight in enough cold water to cover them. The following day drain them in a sieve and rinse in fresh cold water.

Place the stock in a saucepan and heat until warm. Add the drained peas, carrot, onion, celery, dried mint and seasoning. Bring to the boil and boil for 5 minutes. Then simmer until the dried peas can be squashed between the fingers, about 1 to 1½ hours.

Blend or rub through a sieve and return to the saucepan over a low heat. Cut the margarine into small pieces and add to the soup, stirring until it is melted.



## Fish Pie

- Serves Four
- 6 medium potatoes
- 85 g (2 to 3 oz) cheese
- 56 g (2 oz) margarine
- 1¼ cups plus 2 tbsp milk
- 1 large tin tuna
- 2 tbsp flour
- 2 tbsp freshly chopped parsley
- salt and pepper

Grease a medium pie dish. Peel and boil the potatoes, drain them well and mash. Grate the cheese and mix into the potatoes with (½ oz) 14 g of the margarine and 2 tbsp of the milk. Place the fish in a saucepan with the remaining 1¼ cups of the milk, bring to the boil and simmer gently for 3 minutes. Strain off milk and reserve. Flake fish with a fork. Preheat oven to 210° C (400° F).

Melt remaining 14 g (½ oz) margarine in a saucepan, add flour and cook for ½ minute. Remove from heat. Make reserved milk up to 2 cups with water and stir into the flour mixture gradually. Return to the heat and bring to boil, stirring continuously until thickened and smooth. Mix in flaked fish, parsley and salt and pepper to taste. Pour into the pie dish. Spread the potatoes over the fish with a fork and bake for about 20 minutes, or until the top is golden brown.



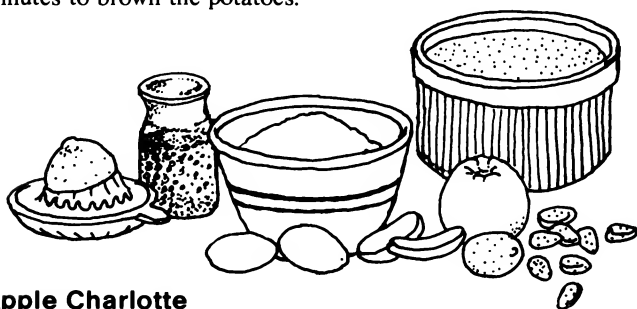
### Rabbit Hot-Pot

- Serves 4
- 1 rabbit
- 2 medium onions or leeks
- 1 small turnip
- salt and pepper
- 2 level tbsp finely chopped parsley
- chicken stock
- 4 medium potatoes
- 1 rasher streaky bacon
- 1 carrot
- 1 stick celery

Preheat the oven. Wash the rabbit and cut into joints. Peel and slice the onions, if used, or wash and slice the leeks. Peel and dice the turnip, carrot and celery. Mix together the salt and pepper and flour and coat the rabbit joints. Place vegetables and rabbit joints in a large casserole, seasoning each layer, and sprinkling with the parsley.

Pour in sufficient stock to almost cover the rabbit.

Peel and slice the potatoes fairly thickly, and place in a layer on top. Remove rind from the bacon, chop and sprinkle over potatoes. Season with salt and pepper, cover and cook in a moderate oven for 2-2½ hours, removing the lid for the last 20 minutes to brown the potatoes.



### Apple Charlotte

- thin slices stale wholemeal bread
- melted butter
- 450 g stewed apple
- raw sugar
- cinnamon

Cut the bread into thin slices and cut into shape to line a pie dish. Melt butter and dip one side of the bread in it and place the buttered side to the dish, making a complete lining. Fill with the apple puree and cover with bread having the buttered side up. Bake in a moderate oven till light brown. Sprinkle with sugar and cinnamon. Serve with custard sauce or cream.

### Steamed Ginger Pudding

- 85 g (3 oz) butter/margarine
- 85 g (3 oz) raw sugar
- 170 g (6 oz) wholemeal flour
- 1 tsp bicarb. soda
- pinch salt
- 2 tsp ground ginger
- 1 tbsp treacle
- 1 egg
- 2 tbsp milk

Sift flour, soda, salt and ginger. Cream butter and sugar, add beaten egg gradually, then the treacle. Mix in flour and milk alternately. Put into greased basin, cover with greased paper/foil and steam 1½ hours.

### Lemon Delicious Pudding

- 1 tbsp butter
- 2 tbsp wholemeal flour
- 2 eggs
- 2 medium lemons
- 1¼ cups milk
- 60 g (2 oz) sugar

Cream butter and sugar. Add yolk of egg, flour, grated rind and juice of fruit. Mix well after each addition. Add milk slowly. Whisk white of eggs to a stiff froth and fold into pudding. Bake in a buttered dish standing in a pan of water. Temperature: slow to moderate.

### Coconut Custard

- 600 ml milk
- 6 tbsp coconut
- 4 eggs
- ½ cup raw sugar
- vanilla to taste

Beat eggs well, add coconut and vanilla. Heat milk until warm, remove from heat and stir in sugar until dissolved. Combine the egg mixture with the milk. Pour into a greased ovenproof dish, cover with foil and place inside a larger dish containing water to the depth of 2 cm. Cook in a slow to moderate oven for 1 hour or until the custard is set.

### Oatmeal Biscuits

- 4 cups rolled oats
- 1 cup raw sugar
- pinch of salt
- 125 g (4 oz) margarine
- 2 rounded tbsp golden syrup
- 1 level tsp baking powder
- 1 tsp almond flavouring
- milk

Preheat for a moderate to hot oven. Grease two baking trays. Mix the oats, sugar and salt. In a small saucepan over a low heat melt the margarine until it is liquid. Add the syrup and baking powder and beat well. Stir in the almond flavouring then pour into the dry ingredients. Mix together until the mixture is well blended. Drop spoonfuls of the mixture onto the baking trays leaving plenty of space around each. Pat the biscuits down with the back of a wooden spoon dipped in milk. Bake in the centre and one shelf above the centre of a moderate oven for 10 minutes. When cooked leave to cool on the tray for a few minutes then lift each biscuit from the tray and cool on a wire rack.

\*\*\*\*\*

### Kitchen Hints

- To preheat an oven

Arrange oven bars in correct position. Turn the thermostat to 15° (25 ° F) above the temperature required for cooking. When the oven has reached this temperature the control light goes out. Turn switch back to the required temperature. The oven is now ready for use.

- Oven temperatures

Slow 135 ° C (275 ° F)

Moderate 175 ° C (350 ° F)

Hot 220 ° C (425 ° F)

# PRACTICALITIES

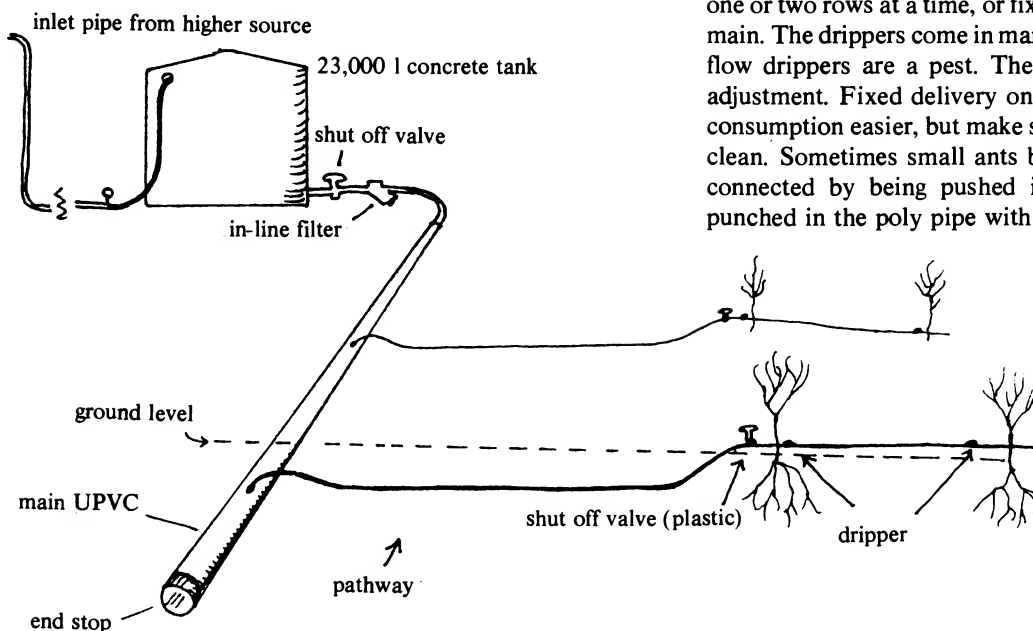
## PART IV

by Peter Edwards, Batlow NSW.

Earlier, I mentioned the benefits of irrigation. In most Australian climates trees will need watering at least until well established. To reafforest a bare area there are two practicable methods: drive round pumping water from a tank, or irrigate. Irrigation means that trees will have to be planted in straight rows if you are using drip lines (meandering plastic tubing is a disaster). If you are trying to recreate a natural bushland area have a variety of species, leave a few gaps here and there, and the trees will not look too regimented when they grow.

The simplest, cheapest and, in terms of water consumption efficiency, the best form of irrigation is to run lines of 10 mm (or slightly thicker) black 'poly' tubing down the slope from your water supply, and to insert a dripper at each tree. These are devices which issue a specified amount of water per hour (I use 4 litres/hour). If you can establish your orchard or woodlot below the water source you will save the cost of pumping. Drippers allow all the water to soak into the root area, whereas sprinklers throw much water where it isn't needed. Why water the grass which is competing with your trees? The diagram (fig. 1) shows the basic layout. A tank is needed because you can't draw water directly from a dam or creek. Mud would soon clog the system. The tank can be filled by a slow trickle which allows water to filter through an old stocking without tearing it. Any fine sediment will have time to settle in the tank, as draw offs may only be once a week, and another (proper) filter on the tank outlet removes anything else. This is essential because drippers have very fine holes or slots in them. A concrete tank is preferable, being relatively vandal proof. It needs a large capacity to allow for a large draw off at one time. A covered tank is essential to keep light out, or algae will grow and clog filters. The outlet filter is

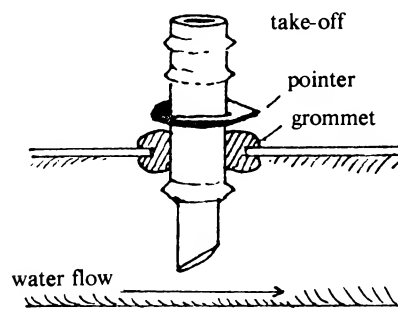
fig. 1



designed so that the cleanable element can be removed without disconnecting the pipeline.

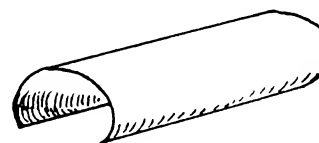
The main is buried 200 mm or more to protect it from traffic. It is made of a tough plastic which can be drilled. The lengths are glued together and a brace and bit used to drill holes where the driplines are to be attached. A rubber grommet is placed in the hole and a connector (called a take-off) is carefully tapped into place (fig. 2).

fig. 2



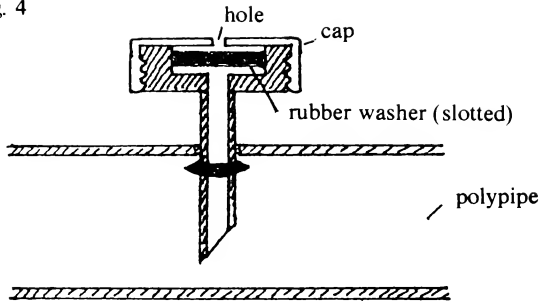
The poly pipe is then pushed onto the take-off. Unfortunately it occasionally happens that the main pipe cracks when the connector is tapped in. Then you have to remove the connector and grommet and cut a section of pipe as in fig. 3. Brush the inside with glue and snap it over the cracked area. It should extend slightly more than half way around the circumference of the pipe. It should also be tied with wire while the glue dries. You then cross your fingers and drill another hole nearby. The take-offs and drippers have arrows marked on them which should be pointed the way the water will flow.

fig. 3



The drip lines emerge from the ground at the top of each row, near the base of the highest tree, and a plastic tap (shut-off valve) is put in the line here. It is useful if you want to water one or two rows at a time, or fix a leak without turning off the main. The drippers come in many types. I find that adjustable flow drippers are a pest. They seem to need constant re-adjustment. Fixed delivery ones make calculation of water consumption easier, but make sure they can be unscrewed to clean. Sometimes small ants block them. The drippers are connected by being pushed into holes which have been punched in the poly pipe with a special punch. See fig. 4.

fig. 4

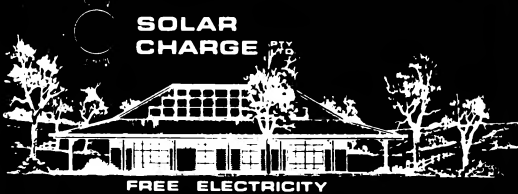


Try to put the drippers in when the line is cold (early morning) because if you match drippers with trees on a hot pipe it will shrink and shorten when the cold water runs through it, putting your drippers way out of position. The end of the pipe is closed by folding it on itself and tying with wire, or slipping a short length of wider pipe over it. The second method makes flushing out the line easier.

At the moment I have about 700 trees on drip lines and it is a pleasure to walk along checking that the flow of water is reaching each tree (certainly more pleasant than carrying buckets). Remember to check the outlet filter every now and then. An indication that it needs cleaning is that the highest drippers on the line cease delivery. On gravity-fed systems it may be advisable to compensate for lower pressure on the upper slopes by putting in faster drippers, say 8 litres/hour. On flat ground an electric pump will probably be needed to keep up the pressure.



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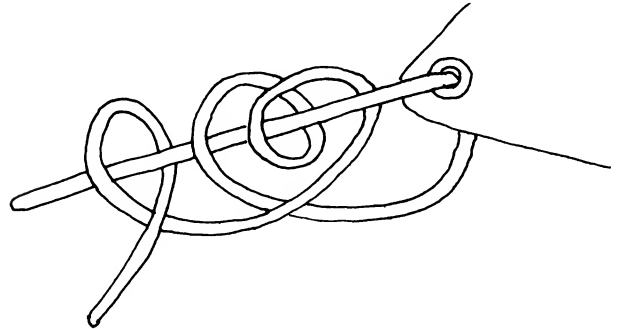
*Experts in Solar power for remote houses*

## MORE ON KNOTS

by Kevin Parsons, Weston, NSW.

I would like to expand on Jill Redwood's article on knots in GR58, p. 25. Jill has probably, through experience, adapted these knots to her own particular needs. From knowledge gained as a Scout leader, I want to add the following to her list of useful knots.

- The reef knot is the best one to use when joining two ropes of equal thickness.
- The bowline can be used in a variety of ways. One that Jill might have found useful on her trip is as a means of rescuing someone from a cliff or other inaccessible spot.
- The clove hitch is best used in conjunction with the truckies' knot. The clove is used to start the rope on one side of a load and the truckies' knot on the loose end, as Jill mentioned in her article.
- The rolling hitch is another knot which I have found useful around the property. It is a good knot for keeping tension on a rope holding a tarpaulin or cover over a roof or a load of material. (see sketch). This knot is easy to tie and will slip easily when you want to tighten a guy rope.



Other end goes down and around a peg or similar anchorage.

More information about knots can be found at your local library. My references are the *Scout Handbook* and *Knots and Lashings*, which covers knots, splices, anchoring, lashings and nets. This book is No. 6 in a series called *The Bushcraft Handbooks*, available at Scout outdoor centres.

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# BULLOCK POWER

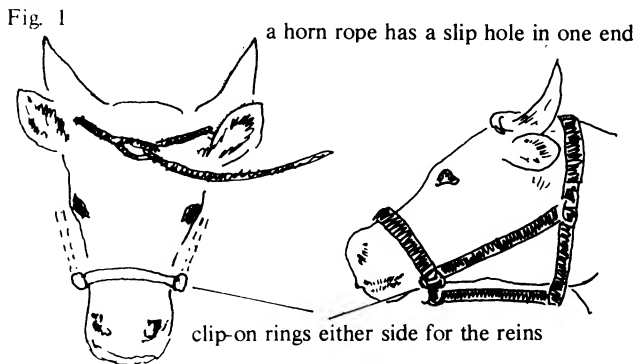
## PART II

by Jan Crawford, Bairnsdale, Victoria.

Training your own bullock can be a time consuming and very demanding procedure, but there is a great reward to be gained in developing a close working relationship with such an intelligent and useful animal. Last issue explained what was required in selecting a calf and preparing him for training.

Initial training is done with halter and lead or with a horn rope (see Fig. 1). Once Poddy knows and can obey basic commands, you will go on to the next stage, without any controls except your voice.

If Poddy is to go in a cart, put on the halter, snug fitting behind the ears and tight enough over the nose so that you can get two fingers under it — this is to be his bridle. Tie or clip on some rope, string or leather to the rings on either side — these are the reins. They should be long enough to reach past his rump and enable you to stand two or three feet behind him, with some left over.



### Starting Out

At the beginning you need someone to help you. Person one stands behind Poddy's head, holding a short lead rope. Person two (the driver) stands behind Poddy, holding the reins (Fig. 2). Person two gives all the orders, while person one makes Poddy obey whatever order has been given. Person one never speaks, only person two. As Poddy gets more efficient at obeying orders, person one can stand away, until he is no longer needed. Remember to use the bullock's name when you give each order — he will learn faster this way.

### THE COMMANDS

To go forward — Git up! Driver taps Poddy sharply on the rump while giving the command. Git up (tap), git up.

To go to the right — Gee off! Driver pulls right rein so that the beast's head is turned slightly in that direction and taps Poddy on the left side of his rump. (Pull rein) Gee off (tap,

pull rein), gee off (tap).

To come to the left — Come here! Driver pulls left rein so that the beast's head is turned in that direction and taps Poddy on the right side of his rump. (Pull rein) Come here (tap, pull rein), come here (tap).

To stop — Wheeaa! Pull firmly back on both reins together. (Pull back) Wheeaa (pull back), wheeaa!

To step back — Whoa back! Use the same actions as above until he steps back. This order is used to enable the driver to unhitch whatever load the bullock has been pulling and to let the bullock know that for the moment nothing further is required of him. It can also be used when he is yoked up in a cart, as it enables a passenger to get on or off, or makes him stand still while loads are being placed in the cart.

To slow or ease up (but not stop) — Steady! (long drawn out and repeated) Steady!

All these orders are given in a loud, clear voice and must be meant. As the bullock gets older the driver can moderate his voice but must still expect obedience — as with a working sheepdog.

### Using the Whip

As the bullock and bullocky get more proficient, a bullock whip could be used instead of the reins. The whip has a long, solid stick handle and a tapering leather lash with a long fall and a 'cracker'. Much practice is needed to master a bullock whip, as it is designed to direct and encourage the beast without hurting him.

Remember, the LEFT side is the NEAR side, the RIGHT side is the OFF side.

### COMMANDS WITH THE WHIP

Gee off — Hold the whip handle high with lash caressing near side ear, or flick lightly against near side shoulder, while giving the order. The bullock driver stands near side of the bullock, behind the hip.

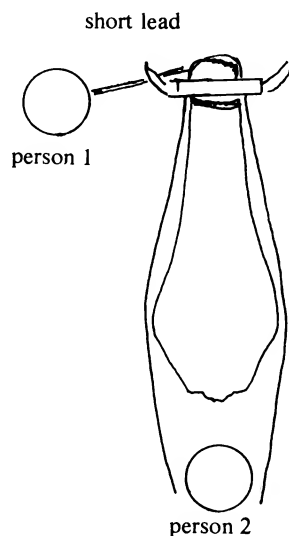
Come here — Hold the whip handle high over towards the off side, with the lash caressing the off side ear, or lightly strike the off side neck or shoulder with the lash tip. The bullock driver stands near side, but further back than the hip, to allow the beast or team to turn around him.

Git up — Crack the whip lash over the bullock's back while giving the order firmly.

Wheeaa — Stand facing the beast, with the whip handle held high above your head, and let the lash fall in front of the bullock's face. Or, from wherever you are standing, raise the whip handle straight up and give the order loudly. The more practice you both get with this order the better.

Whoa back (only used when the bullock is stopped) — Twirl the whip lash around clockwise over the bullock's head, or drape the lash over the head between the horns, caressing the

Fig. 2



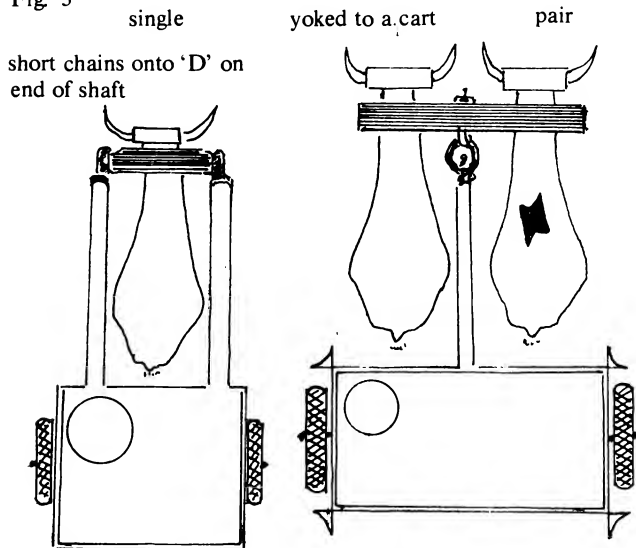
bridge of the nose.

As the bullock gets further trained, the voiced command will take priority over the whip, but the whip is always handy to have around to back up any command.

## Yoking Your Bullock

Now that Poddy has been around the paddock a few times with you in hot pursuit, it is time to put him in a yoke. This is a timber beam especially shaped to be positioned comfortably on the neck of the bullock. A steel bow (a U-shaped piece of steel rod) is pushed up through the yoke and fastened with a key to hold it in place on the bullock's neck (for details of how to make your own yoke, see Arthur Cannon's article, *Training a Steer*).

Fig. 3



Yokes can be either single or double. A single yoke has notches on either end to which chains are fastened. These chains pass down either side of the bullock and back to a bar, which is in turn attached to the log or whatever else you want the bullock to pull. In a cart these chains are fastened to the shafts. A double yoke has a star (also called a staff in some areas) that the chain is fastened to. It then passes down between the pair of bullocks and back to the log. With a double yoke, the single centre pole of a cart is fastened to the star with a 'D' ring on the end of the shaft (Fig. 3).

## COMMANDS WITH THE YOKE

A single bullock is addressed by name then told what to do, i.e. Poddy, git up! With a pair of bullocks, address the nearside leader, then the offside leader, before giving the order, i.e. Poddy! Patch! Git up!

To turn a pair or team to the left (come here): name Poddy! Patch! Then call Poddy, wheeaa! Come here! Patch, git up! Come here! This is repeated until the left turn is completed. The driver steps back several paces to allow the bullocks to come around him (Fig. 4).

Fig. 4

Come here

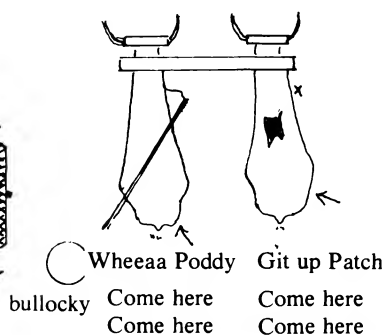
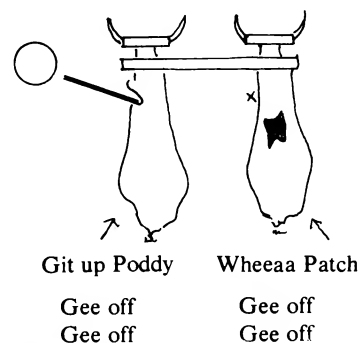


Fig. 5

Gee off



Part of a line-up of bullocks at Riana, Tasmania. Teams were usually made up of either four pairs (eight bullocks) or twelve pairs (twenty-four bullocks). Breeds included Ayrshire, Hereford, Shorthorn, Fresian and of course, crossbreeds.

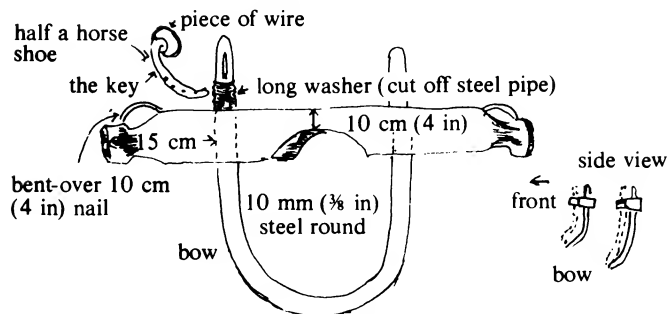




Cutting hay at Nyerimiland with 'Mick' and 'Baldy' from the East Gippsland Bullock Drivers League.

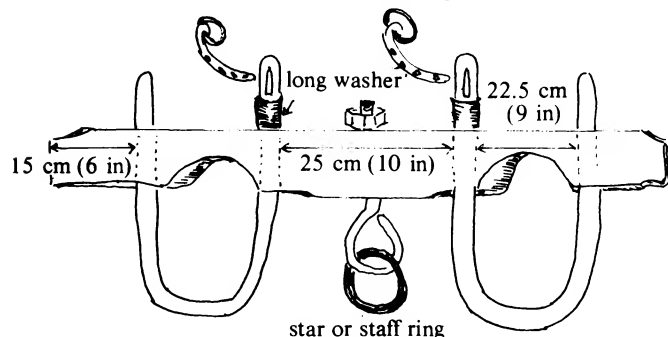
#### a single yoke

size between bows depends on size of beast



#### a double yoke

poddy timber 10 x 7.5 cm (4 x 3 in)  
bullock timber 15 x 10 cm (6 x 4 in)  
size between bows depends on size of beast



25 mm (1 in) or 18 mm (3/4 in) steel bows for bullocks

the cut-outs for the bullocks neck could be



To turn a pair or team to the right (gee off): name Poddy! Patch! Then call Poddy, git up! Gee off! Patch, wheaaa! Gee off! The driver steps up to the nearside leader's head to stay with them until the turn is complete (Fig. 5).

A well-trained pair of leaders is a must in a team, as they do all the leading or front work while the others follow on, knowing that the way is safe and clear. It is possible to put an untrained bullock into a team with good leaders, as he soon learns that he must work or get dragged along. Apart from the leaders, there are many names for each pair of bullocks in a team — polers, centres, wheelers and workers — depending where you live.

With this information as a guide, all you would-be bullockies will be able to go ahead and train your own Poddy. If your endeavours aren't completely successful at first, don't despair! You and Poddy will soon be working as a team and achieving feats that neither of you could manage alone.

Any queries or information about bullocks and bullock driving can be directed to the Australian Bullock Drivers League (secretary Bob Hodgson, Box 455 Lakes Entrance 3909) or to the East Gippsland B.D.L. (secretary Jan Crawford, Omeo Hwy RSD 8780 Bairnsdale 3875).

Jan is secretary of the East Gippsland Bullock Drivers' League and recommends reading *The Bullock Driver's Handbook* by Arthur Cannon, president of the Australian Bullock Driver's League. *The Bullock Driver's Handbook* is \$15.50, including postage from Grass Roots.

This series will conclude in the next issue with an article by Arthur Cannon, known Australia-wide for his extensive knowledge of bullocks and bullock driving. He will explain how to make and use your own harness.

# PRUNING

by John Mason, Lilydale, Vic.

The following information is general, and relates to all plants in cultivation, from fruit trees to roses. Some vegetables are pruned, and this is done for exactly the same reasons and following the same basic procedures as you follow for any other plant.

## Why Prune?

Pruning involves cutting off parts of a plant for one or several of the following reasons:

- a) To remove dead or diseased wood which could affect other parts of the plant.
- b) To exercise control over the type of growth which occurs e.g. promote flowers, foliage, or fruit.
- c) To control the size and/or shape of the plant.
- d) To rejuvenate an old plant, replacing old wood with new wood.

If you are not pruning for one of the above reasons, then there is no reason to prune at all. Don't prune just for the sake of pruning (too many people do!).

## Methods of Pruning

The above things are achieved in different ways on different types of plants.

### REMOVING DEAD/DISEASED PLANT PARTS

Some plants are more susceptible to disease than others. e.g. herbaceous plants, birch etc. find wood rots difficult to contain. Such plants need infections removed quickly before they spread.

Always cut back into living tissue. Don't leave diseased wood in a plant after pruning. Make your cut clean. Use sharp tools which don't tear plant tissues. Use clean tools (it doesn't hurt when moving from a sick plant to a more healthy one, to wash your tools first in antiseptic such as Dettol).

No matter what you prune, for what reason, you should always remove any dead or diseased wood.

### CONTROLLING THE TYPE OF GROWTH

- There are three main types of plant growth: roots, vegetative top growth (i.e. leaf and stem), and flowers/fruit. Discouraging one type of growth can redirect the energies of the plant into other types of growth.
- Removing all flowers and fruit will stimulate vegetative top growth.
- Removing side shoots will cause the plant to grow taller at a quicker rate.
- Removing the growth tips at the end of shoots will cause the plant to become more bushy.
- Thinning out flowers and fruit will decrease their total number, but will improve their size and perhaps quality.
- Cutting a plant back hard will (if it can take it) force a flush of new growth in the next season.
- Cutting the roots of a plant by plunging a spade into the soil, or by digging a trench, will force a flush of new growth in the roots closer to the base of the plant. This is a valuable treatment in preparing a plant for transplanting.

Fruit buds and vegetative buds can usually be told apart by their shape. Fruit or flower buds are fatter than vegetative (i.e. leaf or wood) buds. Sometimes plants can have mixed buds which contain both leaf and flower. This can be confusing. If you cut the bud open and look at it with a magnifying glass you should be able to see the premature flower or leaf.

### CONTROLLING SHAPE AND SIZE

Remember different plants have different levels of tolerance to hard cutting. It is possible to be lucky and find a plant which usually does not like hard cutting which might respond to severe pruning. In most situations however, such a plant will probably die after a hard prune. You can state a plant's tolerance to cutting back as a percentage i.e. with acacias you can cut up to twenty percent. This means that if more than twenty percent of the total topgrowth of an acacia is removed, there will be a strong likelihood of death, or very poor health.

If large branches or any type of foliage is growing in a position where you do not want it, you may decide to remove it. This is a quite acceptable reason for cutting. e.g. a branch hanging over a pathway, stopping traffic along that path.

### REJUVENATING

This involves cutting out old wood and leaving new wood. Over a period of time, new shoots can be allowed to replace all of the old ones. In essence, this gives a plant a new lease of life. Lifespan is often lengthened this way.

### PRUNING VEGETABLES

Dead or diseased plants or plant parts can infect other parts of your crop. They should be removed promptly and properly disposed of e.g. burnt. Some vegetables are pruned to force branching, thus increasing production.

**Broccoli.** Take the tips out of young plants to promote more growing tips, thereby increasing the crop.

**Tomatoes.** Remove side shoots to force upward growth. This increases height and restricts outward growth.

**Cucumbers and some other trailers.** Remove tips to promote branching and more sturdy and compact coverage of the ground.

Some vegetables need to be harvested frequently to keep young desirable growth coming on. If you harvest less, you get less overall crop, and perhaps, not the right type of growth at the time you want it.

### Basic Rules of Pruning

1. Always prune to a bud. A cut should always be made just above a bud, or just above the join with the main branch. The plant will die back along a stem to the next bud or stem down the branch, so you want to minimize the amount of dieback in all situations.
2. Always cut on an angle to the ground so that rainwater doesn't sit on top of the cut, causing rot to develop.
3. If your cut is rough or torn, trim it up with a sharp knife, making it as smooth as possible. Disease will enter through rough surfaces.
4. The time of pruning will depend on what you are wanting from the plant. If you are growing it for flowers, prune after flowering (otherwise you will be cutting off the flowers). If you are pruning to thin the flowers, prune before flowering. If

pruning a deciduous fruit tree you prune in winter because:

- You can see what you are doing (no leaves on tree).
- You can thin out the fruit buds, controlling their distribution over the tree.

- You can cut to encourage development of the type of growth which will produce fruit buds the next year.

5. Most deciduous plants, trees and herbaceous plants can be pruned reasonably hard, though there is a degree of variation from plant to plant. Most native shrubs can react badly to heavy pruning, though light but frequent tip pruning is advantageous.

### Points to Consider when Pruning

- The vigour of the plant or shoot depends on the direction of growth and the amount of leaf surface (among other factors not relevant here).

- The more a shoot approaches the vertical position, the stronger its growth will be.

- The top or terminal bud of a shoot generally has the greatest amount of growth. The growth potential of the buds will gradually decrease as you near the base of a shoot.

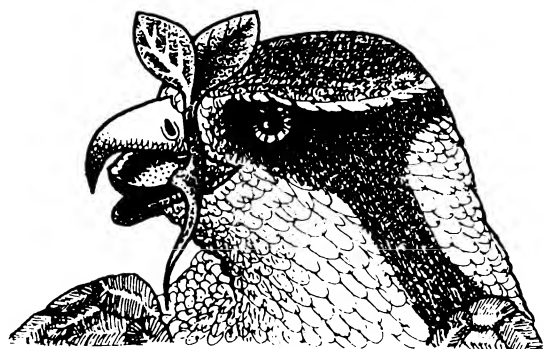
- The greater the vegetative growth, the lighter the crop, resulting in larger but poorer quality fruit or flowers.

- The fewer the number of buds on a shoot, the stronger will be the growth made by each individual shoot arising from these buds.

- All fruit should be removed from young trees for the first few years after planting, to allow the leaf and stem growth to better develop.

Before you start, think carefully about your reasons for pruning and what you hope to achieve. Don't get carried away with pruning for its own sake.

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## USEFUL EARTHWORMS

By Val and Peter Bullen, Lowood, Qld

Have you ever stopped to consider the benefits of the humble earthworm? They break down soil and organic matter into humus (castings) which makes a rich fertiliser, suitable for growing seedlings or digging straight into the ground around established plants.

There are two ways of making your earthworms work for you:

1. Placing them directly into the area you wish to improve.
2. Breeding them in a worm-farm and making use of the castings as a fertiliser or potting-mix.

If you have a compost heap, place 100 worms (or more or less, depending on the size of the heap) at the base of the compost and cover with soil. Keep them moist and they will break down the compost much faster than the normal decaying process and double their numbers about every six weeks while doing so.

If you wish to keep your worms in a farm, you will have a box of humus about every 4 months, at which time the worms should be separated. To do so, place rock-melon or pumpkin skin on top of the soil the day before separating. This will attract the worms to the surface. Then scrape all the feed off the top which should contain most of the worms, fork out the castings and put in the sun or under a bright light forcing the worms under the pile, as they are photophobic (dislike light) and easily picked out.

Put sheets of newspaper in the box bottom, then mixed grass-clippings, untreated sawdust, old horse or chicken manure, kitchen waste, shredded paper or cardboard and a little dolomite to sweeten it.

Feed the worms on the surface with any organic matter every couple of days or when the previous food has been eaten. Cover with hessian sacking and keep moist. The box must have holes in the bottom for excess water to drain off, so your worms do not drown, and sprinkle a little dolomite on the surface every 2 or 3 weeks after feeding, as worms do not like acid foods such as tomatoes, onions or citrus fruits.

Earthworms break up clay soil, improve sandy soil, promote healthier plants by aerating the roots and if given to chickens, quails, fish, pigs, and so on as a food supplement, make them bigger and healthier than those not fed on earthworms.

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# GROWING FIREWOOD

by Brendan Lay, Steve Moore and Peter Bulman.

There is considerable interest in growing trees as a fuelwood crop. This is because of the large market potential for firewood to supply the increasing number of homes with wood-burning appliances. Here are some points to consider when growing firewood so that the viability of planting a woodlot for firewood can be better evaluated. Sources of further information are included.

## Firewood from Multiple-Purpose Woodlots

Many farmers and people with small properties have installed efficient wood-burning appliances. Cutting and storing dead or fallen trees or branches on a property can fuel the wood stove while 'cleaning up' the paddocks and thereby reducing fire hazards.

Alternatively, firewood can be a by-product of farm woodlots established for other purposes, such as shade, shelter, honey or timber production. This means of obtaining firewood for home use can be cost-efficient where enough land is available (see examples below). An average household requirement is about three to five tonnes a year. Using the figures given below, about 0.5 to 5 ha, depending on site productivity, is required as a minimum woodlot or shelterbelt for permanent firewood self-sufficiency.

## Firewood as a Cash Crop

Much interest has been shown in investing in firewood as a cash crop. The increasing demand and prices of \$70 to \$80 a tonne now being paid sound very attractive, but this price covers growing, harvesting, transporting and marketing costs.

## Growing the Crop

### SITE SELECTION

Generally, the most productive agricultural land is also the most suitable for tree growth. However, sites less suitable for conventional agriculture have most appeal for woodlot establishment. These sites include rocky, steep or otherwise non-arable land, or areas with infertile, poorly drained or salty soil.

In these circumstances, growth rates can be expected to be slower than on better agricultural sites. For example, even salt-tolerant species grow more vigorously on non-saline sites. However, an exception is that excellent tree growth can be expected from land with high water tables often associated with irrigation areas.

Species such as the eucalypts, which can resprout or coppice following cutting or burning, offer the advantage of avoiding re-establishment costs following harvesting or bush-fire. Furthermore, the regrowth is generally faster during the second rotation because of the already established root system. It makes good sense to plant species that will have other farm uses if it should prove uneconomical to harvest the trees for firewood in five or ten years' time.

Advice and information on species selection are available from your local Forests Department.

### SITE PREPARATION

Thorough weed control using herbicides or cultivation is essential to minimise competition for the first two years if optimal growth rates are to be obtained.

### PLANTING DENSITY AND ROTATION LENGTH

Planting density or spacing significantly influences both the yield and the planting cost.

The optimum rotation length will vary from site to site and between species but will range from 5 to 15 years if the product is destined for the pot-belly or slow-combustion stove market ie short lengths and small diameter.

The following table is a guide for planting density and rotation length.

Rainfall (mm)	Spacing (m)	Rotation length (years)
300	5-7	11-15
500	3-5	9-13
700	2.5-3.5	7-11
900	2-3	5-10

Increase the spacing where soils are shallow, or where losses are likely to occur in drought years. It is wise to have at least some rows wide enough for logging access or firebreak maintenance.

### OTHER MANAGEMENT CONSIDERATIONS

Fertilising is very likely to produce a good growth response, especially if applied to a weed-free site, but little is known about whether or not it is economically viable to fertilise.

Thinning (or removing some trees after 4 to 12 years) should not be required if the initial spacing at planting is appropriate. However, thinnings from woodlots or plantations grown for larger poles or sawlogs can be used for fuelwood.

## Harvesting and Marketing

Consider who will fell the trees, how they are to be removed from the woodlot, stored for air drying, loaded and transported to the market place. Unless the woodlot owner is prepared to tackle this task, it would be wise to contact local harvesting contractors and woodyards prepared to handle the future firewood crop.

## Yields

The most meaningful way to measure firewood yield is in harvestable dry weight a hectare (dry weight is wood air dried to about 10 per cent moisture content). This figure will be much less than the green weight harvested and even less again than the total green weight production on the site because of logging residues (branches less than five centimetres in diameter are not saleable). The dry weight a hectare will vary between species and degree of use. Yields quoted as volume (e.g., cubic metres a hectare) should be treated with caution as fast-growing trees often produce timber of low density.

Much publicity has been given to the yields possible from fast-growing eucalypts, such as the Lake Albacutya variety of

River Red Gum (*Eucalyptus camaldulensis*), and Flooded Gum (*Eucalyptus grandis*). When irrigated, or on sites with unconfined aquifers, or in fertile high-rainfall areas, these species can produce yearly up to 20 tonnes (dry weight) of wood a hectare. However, actual yields of these species at harvest are not available. South Australian trials at Bull Creek (near Meadows — 900 mm) and Harrogate (450 mm) with nine-year-old Coast Grey Box trees (*Eucalyptus bosistoana*) gave the following yield information. (This is a slower-growing species with excellent fire resistance, timber quality and coppicing ability.) See Table 1 below.

The original vegetation reflects the potential site productivity; however, selection of different species and varieties, especially when combined with good weed control at establishment, will result in markedly increased growth rates and yields compared to the native vegetation.

The following table is a guide to the yield range of appropriate species in South Australia for short rotation fuelwood crops.

Annual rainfall (mm)	Annual production of usable firewood (dry t/ha)
300	0.5-1.5
500	1-3
700	3-8
900	5-15
supplementary water (irrigation or shallow groundwater)	8-25

Remember, actual yields at any site in these rainfall zones will depend primarily on species (and variety) chosen, soil

type and degree of weed control during establishment.

## Costs and Returns

Cost of establishing a firewood crop and ultimate returns a hectare can vary widely. As shown in the following examples, firewood growing may be most attractive to those who do not need to cost their own time and who can do most of the work themselves. The examples also show the value of integrating the fuelwood production with other farm uses for trees, and of establishing a multi-purpose woodlot.

At present, gross returns to the grower (retail price less marketing cost and margin) are around \$45/tonne. Future prices are difficult to predict, but the cost of alternative heating sources (such as gas, coal, electricity) must dictate the upper limit of firewood prices.

The following examples show the process used in evaluating firewood projects. See costing details below.

### EXAMPLE 1

Ten hectares of well-drained fertile country 70 km from Adelaide, valued at \$3000/hectare, with 900 mm annual rainfall, planted with River Red Gum (Lake Albacutya variety) in a square block on a 10-year rotation solely for financial returns using all paid labour. This table uses present costs and returns taking no account of capital appreciation of land, loss of interest on borrowings or future increases in firewood values.

### EXAMPLE 2

Two hectares of well-drained fertile country, 70 km from Adelaide with 900 mm annual rainfall, on a grazing property, planted with River Red Gum (Lake Albacutya variety) as a

Table 1							
	Tree spacing (m)	Trees/hectare	Av. dry wood/tree (kg)	Yield of dry wood/ hectare (t)	Av. annual increment t/ha/yr	Density of wood kg/m <sup>3</sup> green                  air dry	
Harrogate	10 x 10	100	130	13.0	1.44	1110	920
Bull Creek	2.4 x 3	1390	56	77.8	8.6		
Example 1							
Item			Cost/ha \$	Remarks			
land			2400	8% pa flat on \$30,000			
seedlings			960	2.5 m spacing = 1600/ha at 60¢ each			
site preparation and planting			450	ripping, herbicide and planting			
weed control			100	four inter-row cultivations over two years			
fencing			375	150 m at \$2500/km			
felling and loading			2000	100 tonnes/ha at \$20 tonne			
transportation			1500	100 tonnes at \$15 tonne			
total			7785				
gross return			4500	100 tonnes at \$45/tonne			
net, before tax			3285	loss			
Example 2							
Item			Cost/ha \$	Remarks			
land			nil	no loss of earning capacity as shelterbelt increased livestock productivity			
seedlings			160	self propagated 1600/ha at 10¢ each for materials			
site preparation and planting			150	ripping, herbicide and hand planting			
weed control (after planting)			100	four inter-row cultivations over two years			
fencing			600	1/2 km at \$1200/km for materials			
felling and loading			300	own labour, saw and tractor			
transportation			700	own truck at 50¢/km			
total			2010				
gross return			4500				
net, before tax			2490	profit			



shelterbelt 20 m wide and 1 km long next to existing fencelines. It is to be harvested on a 10-year rotation for supplementary income, but using non-costed grazier's labour.

#### Acknowledgement

Brendan Lay and Steve Moore are Senior Research Officers, S.A. Department of Agriculture; Peter Bulman is the Manager, Native Plants, Murray Bridge, Woods and Forests Department, S.A.

#### Further Reading

*Domestic Solid Fuel Use in South Australia*, by J. Kerby and A. Beer, Dept. of Mines and Energy, Rept. Bk. No. 84/45 (1984).

*Firewood Resources of South Australia*, by Peter Green, Department of Environment and Planning (1984).

*Planting Eucalyptus for Firewood*. Leaflet 21297, Co-operative Extension Service, University of California.

'Grow Your Own Woodlot', by John Fenton in *Town and Country Farmer*, Vol. 1:2 (1984). (This issue is devoted to firewood growing, harvesting and use.)

*Firewood from Victoria's Forests*. Forest Products Pamphlet No. 8, Forests Commission, Victoria (1982). (Useful information on the value of different types of wood fuels.)

## A DUMPY LEVEL

by Manfred Wuellner, Greta, NSW.

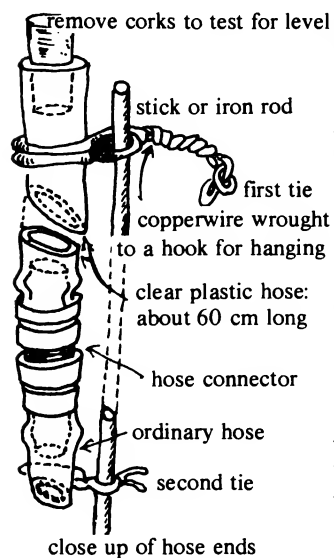
A Dumpy Level (which always works) can be made from a 'borrowed' garden hose, and used to find the level between two given points.

#### Equipment Needed

- water (dirty is better visually)
- unpunctured water hose long enough to reach between points to be measured
- 2 connectors
- 2 60 cm clear plastic hoses of garden hose diameter
- 2 corks sanded down to fit into hose ends
- a length of copper or soft thick tie wire
- two sticks or iron rods to support hose ends
- one bottle with thin neck for easy refill of hose.

#### Method

Fill assembled hose with water, taking care that no air pockets remain in the hose. When hose is completely full, cork both ends and carry to their opposing points. Hook or secure the ends on the sticks. If impractical to work alone, shout to spouse for assistance, politely, of course!

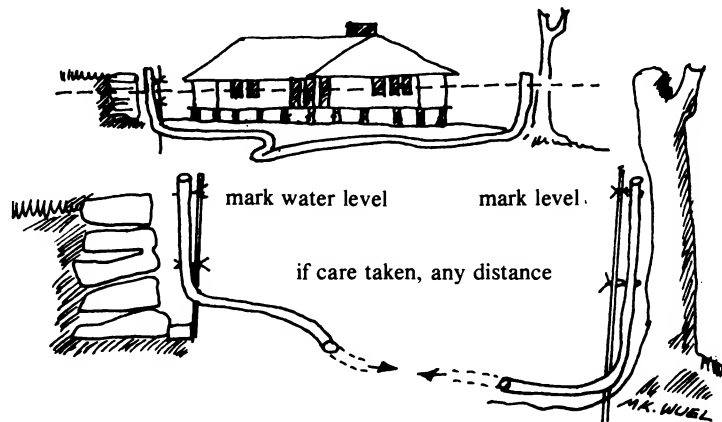


Adjust height of hose ends so that the water level is visible in both clear plastic ends — refill, if necessary (the bottle is handy now!)

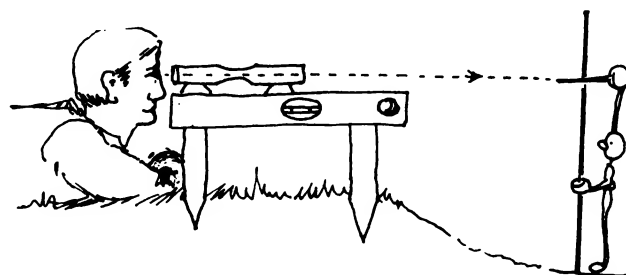
Now, this is essential to know: leave the hose still while finding and marking the level — because if you move it, the water level rises or drops due to the curvy as well as flexible character of the hose!

So, armed with this knowledge, you can proceed to level more than one point with the initial point (A). Each time the water level has to be brought to the exact mark of point A from which you started. Having achieved that, you can mark point B and repeat the procedure at every next point as well. If you muck around with it, you certainly will not 'be on the level'!

This method can be used within buildings, where point to point vision is cut by any objects.



For open country, even undulating contours the following is the cheapest.



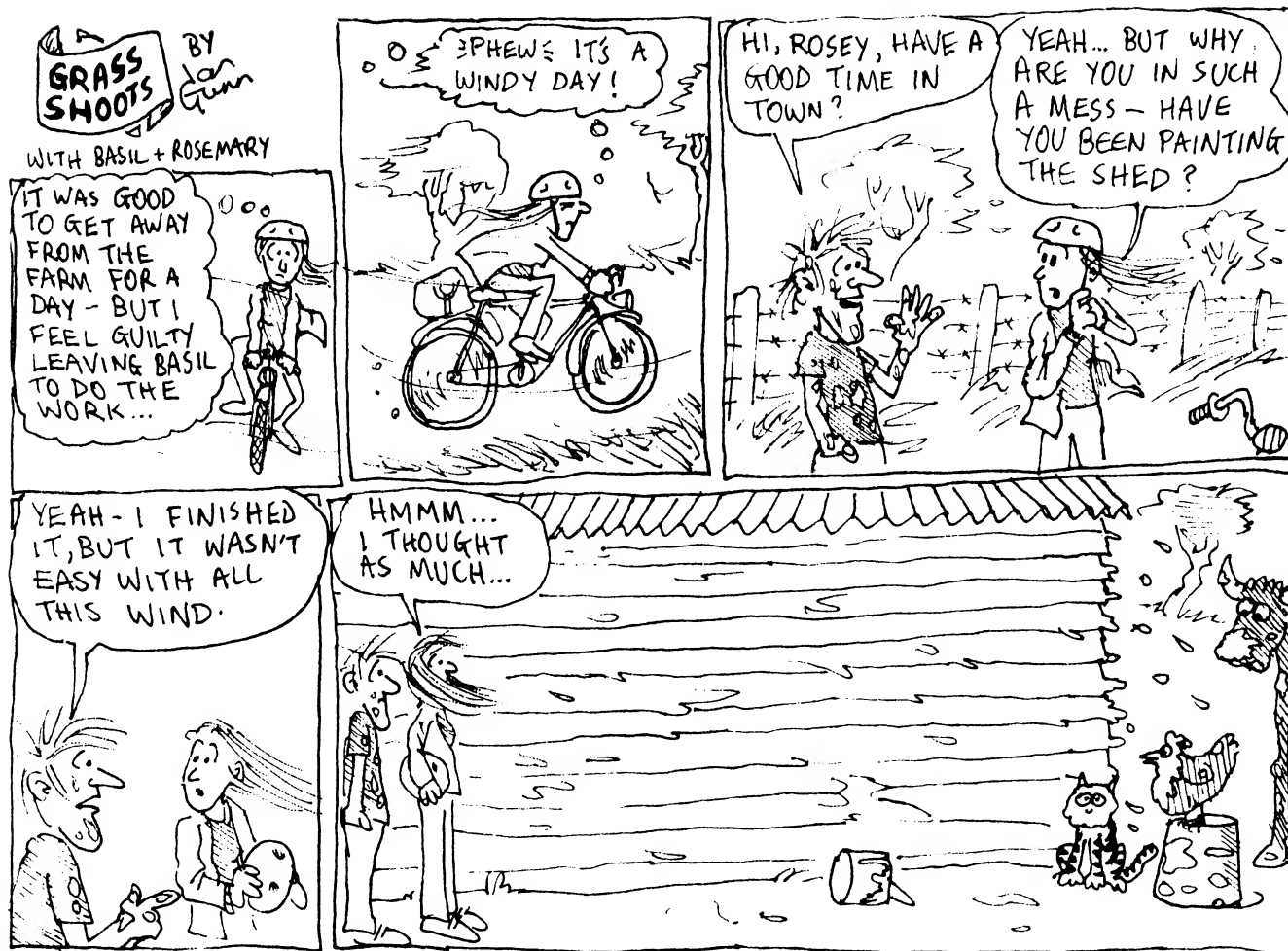
- hit two pegs into the ground in the direction of your object, place and level a rifle peep sight on the pegs and gesticulate wildly or mildly to your assistant until level can be marked on another peg so that it is visible through the rifle sight.

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## CRYPTIC GRASSWORD

Continued from page 43

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One brand of stove we highly recommend is the Nectre range. They are an economical and efficient heating stove, at a very reasonable price. Made in Australia, they are solid, but simple without unnecessary ornamentation.

The Mini Nectre Combines performance and efficiency plus it gives a huge output for its size — 11 kW. Relax, warmed with the radiant heat whilst convection warms the rest of your home (up to 13 squares). It incorporates a usable cooktop and like all Nectres it is fire-brick lined.

**The Baker's Oven** Its design incorporates a large cooktop at a sensible height and the stove can heat an area up to 13 squares. The versatility of this little stove enables its oven to be used for drying and storing logs or keeping a mouth-watering casserole at perfect temperature for a late meal. As in all Nectre stoves there is an optional hot water coil available, giving continuous hot water.

**Nectre Mk 1** The heating capacity of this stove covers a very large area, up to 20 squares. Its large door allows big logs; long, more efficient burning and less cutting! Like all Nectre stoves, the Mark 1 can operate 24 hours a day. This rugged yet elegant stove will last more than a lifetime.

**The Nectre Mk 2** This up-to-the-minute stove has all the latest design advantages. Triple wall protection allowing greater location flexibility. Clearer glass, secondary combustion and cooking facilities. The large window allows a room to fill with cosy atmosphere on a cold winter's night. For ease of cleaning the flue, a removable smoke shelf is incorporated in all Nectre stoves.

## FEATURES AND BENEFITS

Large opening and large firebox — will fit mallee roots and logs up to 500 x 200 mm diam. which allows the Nectre Woodfire to burn for up to 14 hours unattended.

Fully Welded body gives an airtight heat for life.

Cast iron door with large glass panel cast iron door resists warping. By seeing the fire it is easy to tune stove.

Lined with fire bricks which increase the life of the fire box and increase the thermal mass which allows a more even distribution of heat.

Nectre stoves are built from 6 mm BHP steel plate and finished with matt black heat-resistant paint which radiates 93 percent of its heat.

The heat output of Nectre Woodfire Mk. 1 and Mk. 2 — 18 kW. Mini Nectre Baker's Oven — 11 kW. approx. 1 kw. is equal to a 1000 watt electric bar radiator.

The Nectre has an ash lip below the door to prevent hot embers dropping on floor.

Minimum cleaning is required. Ash needs emptying approximately once a fortnight.

Secondary combustion (burns twice) gives more efficient burning and reduces the level of pollution.

Top or rear flue (available on request) suits most situations. Free standing or located in fireplace.

Air cooled door handle. This type of handle remains cool while stove is operating.

Rear heat shield enables you to position the stove closer to the wall. (Check council regulations for actual positioning).

Water heating (optional) saves on water heating costs. The Nectre heat exchanger provides approx. 1 kW of hot water per hour.

## CONSTRUCTION

Firebox: Fully welded 6 mm steel plate, fire brick lined.

Doors: Cast iron with glass panel.

Door seals: Asbestos free. Heatproof ceramic rope.

Door handles: Air cooled springs.

Heatshield: Galvanised rear heatshield (Mini Nectre — Optional).

Optional extras: Hot water coil.

## TECHNICAL DATA

### Nectre Wood Fire Mark 1

Height: 680 mm (29.75 in)

Width: 725 mm (28.5 in)

Depth: 460 mm (18.25 in)

Weight: 116 kg

Flue diam: 177 mm (7 in)

Door aperture: Height 245 mm (9.5 in)

Width 495 mm (19.5 in)

Heat generated: Peak output 100,000 plus BTU's.

Continuous rating 60,000 BTU's, equivalent to eighteen 1000 watt radiators.



### Mini Nectre

Height: 660 mm (26 in)

Width: 460 mm (18.25 in)

Depth: 460 mm (18.25 in)

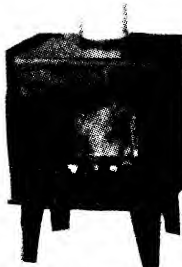
Weight: 84 kg

Flue diam: 155 mm (6 in)

Door aperture: Height 250 mm (9.25 in)

Width: 320 mm (12.25 in)

Heat generated: Continuous rating 10 kW.



### Nectre Mark II

Height: 695 mm (27.5 in)

Width: 750 mm (29.5 in)

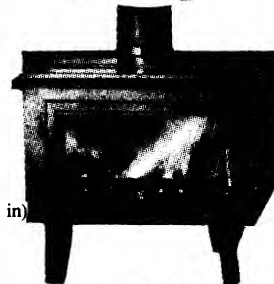
Depth: 475 mm (19 in) includes ash lip.

Weight: 146 kg

Flue diam: 177 mm (7 in)

Door aperture: 250 x 495 mm (10 x 10.5 in)

Heat generated: 18 kW.



### The Baker's Oven

Height: 670 mm (26.5 in)

Width: 460 mm (18.25 in)

Depth: 460 mm (18.25 in)

Weight: 96 kg

Flue diam: 154 mm (6 in)

Door aperture: 240 x 320 mm (9.25 x 12.25 in)

Heat generated: 10 kW.



## Prices:

Mini Nectre \$565

Baker's Oven \$620

Mark I \$785

Mark II \$925

Hot Water Booster \$90

These prices are subject to change. A 10 per cent deposit is required with order, with the balance payable before the stove is despatched. Prices include the stove only. Quality flues are available (prices on request). Additional freight costs may also be incurred. A building permit will usually be required by the local council, before installation. For orders and further information contact

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## PENPALS

Hi! I'm seventeen and I'm interested in writing to male penpals. I'm fairly active and adventurous, into most sports (basket ball and athletics are my favorites). I like acting and listening to funky music. All letters will be answered.

**Shelley Damman, 24 Gairloch Drive, FRANKSTON 3199.**

Hi, I'm Sanne Lodenstein, I am eight and I collect stamps and I love animals. My birthday is on the 14th May, and I am in grade five, I have one brother and one sister. I come from Holland. I have got three cats and one dog. I would like a penpal aged eight to twelve male or female. All letters answered.

**8 Wilton Ave, CAMPBELLTOWN 5074.**

I am a single Filipino woman (30), a Catholic with secretarial training. I like cooking and collecting souvenirs and would like to correspond with a thoughtful, good-tempered and responsible man, not someone shallow or rough.

**Rosemary Pena Marotas, Tudela, Camotes, Cebu, PHILIPPINES, 6456.**

We are Ghanaian students who want to correspond with friends from all walks around the globe. We will try to reply to all letters. Our hobbies are travel, photography, collecting pop music and exchanging gifts.

**Edmund Agyemang, C/- Fred Anti, Box 580, KOFORIDUA, Obeng Darko Christopher, Kwahoe Redge Sec. Sch., Mail-box 71, Obo, KWAHU, GHANA.**

I would like a boy penfriend. I am 8 years and I like cats, riding my BMX, playing tennis and football. I live on a farm with my dad and mum, brother and three sisters.

**Ian Jolley, Box 9, KAROONDA 5307.**

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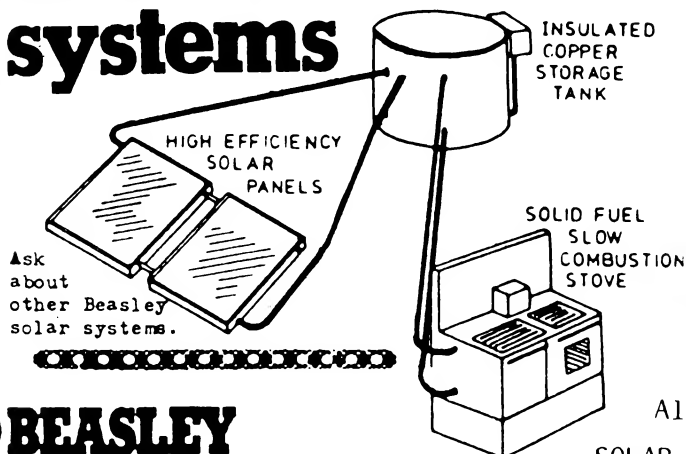
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## Down home on the farm...

Megg Miller.



Winter has descended upon our area with a vengeance and this morning we wilted under the first heavy frost of the year. Spoilt by the long Indian summer, we've been successfully able to turn a blind eye to some of the pre-winter tasks that *should* be done. My kindling supplies are paltry, the wood pile unrealistic and lots of the winter woollies still smell remarkably of moth balls. But a white frost preceded by days of howling wind and rain motivates even the slowest squirrels amongst us and I'd say the stock piles will be built up doubly quick.

I'd forgotten how bracing a frost was, clear crisp air that changes to fog balls whenever one breaths out. Even the turkey poults and chickens were fogging this morning as they ran about, their faces quizzical as they tried to work out how to get to the water under its icy cover. That's the part I like least, the twenty-odd buckets with iced-over tops. I never have the gumption to take the time to find a stick so it's the garden gloved hand, plunged quickly — and it does take time for the hand to thaw.

But while the frost was cold it was insignificant compared to the gale force winds earlier in the week. Come late afternoon the sky had looked grey and foreboding and anticipating rain overnight I spent the last half hour before dark collecting spoilt hay to top up bedding in nearby A frames. As the young chickens and turkeys snuggled into it I congratulated myself at having squeezed in a job I often neglect to do, and then regret it when days of rain follow.

Later that night the weather turned nasty and the wind howled and whipped through the place like a banshee. I ran out and battened down any doors or loose tin I thought at risk until rain forced me inside. When the wind dropped a little I dragged David out to the turkey sheds to tie a broken door, the risk of fox attacks ever present. Walking back, I idly flicked the torch beam around the paddock. It looked different but common sense told me things always do at night. But puzzlement turned to horror when I suddenly realised it looked different because I'd lost an A frame turkey shed. Amid my shrieking we located it against the fence, in a state that could only be described as *ready to assemble*. 'The turkeys' I wailed, 'they're gone!' It took half an hour's spotlighting in pouring rain to find the poor little blighters. Scattered over a wide area and huddled in the most amazing places, they were none the worse for wear. If it hadn't been so wet and bitterly cold it would have been humorous, especially as I had just been asking David before discovering the catastrophe what I should do if a tree fell across the sheds or their roofs blew off. 'Don't be silly' he said 'you always imagine the worst!'

In fact we've had 'the worst' occur several times over the last few weeks. We seem to go months and even years without

any dramas, and then there's a rush of them that leaves one reeling. The first was Sunshine's pet rabbit, who miscalculated on the road and didn't make it to see the Easter bunny. We discovered it ('it' because we never did find out what sex it was) early morning, just as we left for Melbourne. I sniffled the whole trip, sad at the demise of one of the real personalities around the place, and overcome at the thought of how I was going to break the news to Sunshine at boarding school. A fluffy white rabbit, it was the sort of animal I'd always scorned, but little by little I came to appreciate and like it. Although it was caged initially, Suni and I decided we couldn't bear to see its spirit so constrained, so thought it could take its chances and live free. It dug holes in and out of chook houses, shared grain with the poultry, hopped past the cats and under the bulls, day dreamed beneath office ladies' cars and freaked out late night motorists by hopping along the side of the road like something from Alice in Wonderland. We buried Rab in Sunshine's garden and decided it had lived a wonderful life, but I missed the silly thing jumping out in front of me or waiting, nose twitching, for the daily handout.

Then some of the turkeys became ill. Several died. With visions of some infectious killer in mind, I discreetly carried a dead body down on the train and took it to the University for investigation. Kidney failure — what was I feeding them that could have caused it? Lupins! They had been sneaking into the bull shed and gorging on the lupins stored there. A hasty phone call to David to close the shed and sparse rations for a few days and they pulled through but not before a dozen birds were lost.

Our final tragedy, however trite, came when the nicest little-pet lamb we've ever had suddenly up and died. Lamb had rather appropriately arrived the first day of Sunshine's term holidays, left on our hearth so to speak by the flock of ewes next door. David and I had both independently heard it crying and thought 'No, please go away.' It was an out of season lamb for the flock, and the mother must have known what suckers we were. So we collected lamb and the current issue of GR with instructions for raising such orphans, unearthed the teats and bottle and set about raising our baby. He didn't put a foot wrong — drank like an angel, dozed on Suni's knees or in the sun on the verandah, and survived a return trip to Sydney surrounded by show turkeys. Then one morning I found him dying, frothing at the mouth. No remedies worked and we had another little occupant for Sunshine's garden. I racked my brains for days and on impulse checked the spot on the verandah where he'd often slept. I found one very small snail pellet. I'd bought a box two winters previously, used it once and left it stashed away from enquiring beaks behind a couple of boxes. I found it again this



summer while cleaning up, threw it out and swept up the few pellets that had spilled. It's feasible a few had lodged in the crack where verandah met wall boards, and our little fellow had snuffled them out. I was furious with myself for days, for carelessness and for having the stuff in the first place — we've never been able to use it with all the poultry around.

Fortunately life here hasn't all been sad or grim. As I read recently there'd be no rainbows without rain and equally, we wouldn't see the light or laughter in life without encountering their opposites. We've enjoyed raising this year's crop of turkeys, and being a placid, easily managed lot, they've been interested in whatever we've been doing. Whether it's raking and burning, working on their sheds or collecting straw there will be a dedicated half dozen pecking about and making the occasional comment. And if there are turkeys, Duckie will be there too. Finally identified as a Grey Teal, Duckie shows no signs of leaving, preferring instead the mateship of a red turkey pullet and her cronies. It's only when it rains that Duckie tosses in the turkeyship and reverts to webbed foot behaviour. Often of a morning when I'm out feeding I'll hear a beep-beep and know the duck is at its tricks again — swimming blissfully in one of the large puddles in the drive way, oblivious to the world around it. In between rains it makes do with whatever water bowl is handy, looking for all the world like a toy duck in the hand basin. But it's not as innocent as it looks, because earlier in the year it led the turkeys to the end of the paddock and over the road to a neighbour's dam. Fortunately the lure of young grass shoots proved stronger than standing around watching a duck dive and the turkeys stayed within their confines from then on. Surprisingly, Duckie can hold its own against chook, Guinea fowl and turkey and has been seen going for their shanks with speed and accuracy. It's not afraid of me either and waits until I actually start wheeling the food barrow before flying off. It will be interesting to see how it reacts in the spring when the place reverberates with romance and sex.

One silly turkey hasn't been able to wait for spring and has been laying a clutch of eggs on the incubation shed roof. Her noisy, frantic scratchings have brought the whole office to the doorway on several occasions but she seemed unaware of the attention she's attracted. She chose the spot because it's overhung with leaves, and as they've protected and concealed her 'nest', she's felt secure. But she started sitting a day or so back, and is now making appealing little noises at me. She can't keep the eggs under her — they keep rolling down the sloped roof — and it's only a matter of time before she stomps off in disgust.

Feeding and watering the birds is always quite a job, but has become so complicated that I now provide a map if I have to go away. When it's cold and the birds are hungry, it's even more difficult because they rush at me and fight to get at the food in the barrow. I've had to conceal it under bags and to run like crazy so I get down to the sheds and organised before the birds. All this excitement has attracted David's bovines, so that they too lumber up and join the melee. I'm glad I can't see it, a mad woman running with a red wheelbarrow followed by a mass of flying feather and bucking bull. I think the latter may have licked out the mash buckets one day and just can't resist it now. But they're terribly overbearing and follow me along

nosing the bags and licking off crumbs hopefully. It means I have to dipper out the food undercover or they dive for it, but I'm learning to dispense it all faster than a speeding pullet. I don't mind the shorthorn bull, he's hornless and rather phlegmatic, but Mactavish, the Highland steer is just an adolescent and loves an excuse to kick up his heels and snort. I keep my distance as I'm never sure if I'll get a push on the bottom or kick on the knee.

Many of the Shorthorn cows at the farm have calved, with an evenish male-female drop. My Highland cow has calved too, but unfortunately a bull calf. Toffee coloured, he's well rugged for winter with a long shaggy coat already. The Shorthorns don't cope as well though, being a dairy breed and this year we're considering agistment on the flat country instead of feeding out all winter. We get very little autumn growth on the farm, so come winter feed is always scarce and we're forced to feed hay and sometimes grain until the spring growth takes off. For that reason we've put lambing back several months so there aren't milking ewes and young lambs to feed too. They'll lamb at the beginning of spring when the milder weather and growing grass will give them a better start. It might also minimise our losses to foxes, as some winters they've been quite considerable. The ewes haven't helped the situation either, as they are great ones for planting the lambs amongst bushes or rocks and going off grazing. Controlling the situation will be easier no doubt when we're actually living there.

Our thoughts are leaning more and more to the farm, but until houses can be built with thoughts, or the coffers rattle, we'll be staying put. It would be nice to be all settled in, but there's so much to do here there's no time for fretting. The cottage garden articles have really enthused me and I have a mail order box of unusual perennials awaiting attention. I enjoy weekends pottering around the garden, though it's so frustrating having to protect everything with netting from busy beaks. I swear I'll get them all caught and sold soon. Packets of sweet peas and broad beans are on the table, waiting to be planted, and it's time I reconstituted the herb garden for spring. As well I have shrubs and trees I want to plant for shelter in some of the fowl yards, though I notice that those I planted last week have been stripped down to a bare stalk. Pity one can't grow wire netting like weeds! Then there are more A frames to be erected by David, 'not like my first one which really wasn't all that strong I suppose . . .' And in the coming weeks there is a long weekend and later, term holidays coming up, and that means being a family again, with the open fire continuously burning, the soup pot full, and a certain voice trailing off in the farm air 'Are you there Me-ee-gg?' Of course I am.

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# GRASSIFIEDS

## PROPERTY FOR SALE

### NEW SOUTH WALES

**KILLINGWORTH** 15 km west Newcastle NSW. Renovated hotel, solid brick, 8 bedrooms upstairs, large lounge, library, study, guest-room, TV room, dining, walk-in pantry, large double block, quiet country surroundings. Suitable residence for communal living up to 15 people, for shops, gallery, museum, training centre, old style restaurant, boarding or guest house. \$105,000. Contact Stuart Ph: 049-59-6028, or Brownell Ph: 049-75-3083.

**NEAR KYOGLE** 2-B/R house, 7½ acres permanent creek frontage, comb. stove, school bus passes gate, 13kms sealed road, phone connected 2/3 cleared creek flats 1/6 alluvial redsoil configuration land, suitable minimum cost dams, rural rates, 5000 gal house tank, 2000 gal creek water tank, pump and lead included. \$59,000. Ph: 066-339-138, or 02-744-2867.

**HALF SHARE** in peaceful 50 hectare retreat at Araluen NSW, bordered by Deva National Park. Asking \$30,000. Details please phone 048-461-180 or 02-953-8449.

**EX CHURCH BUILDING** — weatherboard equals house, lock up stage, very good timber framework and floor. Iron roof easy convert 3-4 rooms, add all-round verandah feasible. ¼ acre level block fenced. Opposite Paxton public school. 10 minutes Cessnock, vineyards abound, new coalmines tipped to open in vicinity. Conversion plan and advice free, peaceful country community setting, only one year's med wages will buy — pay 50% cash and 50% easy terms. Ph: 049-454-374.

**NAMBUCCA HEADS AREA**—half completed timber home on 20 acres. Pleasant bush setting, fenced, creek and rain water supply, electricity, phone, 10 minutes to beaches \$55,000. Ph: 066-871-558.

**PEACEFUL** 50 hectare retreat at Araluen NSW, bordered by Deva National Park, asking \$55,000. Details please phone 048-461-180 or 02-953-8449.

**100 ACRES BEAUTIFUL** heavily timbered tallwood, large stands banksia, alive with native flora at Mt. Mitchell mid-way Guyra, Glenn Innes, northern tablelands NSW. Excellent access reluctant sale \$19,500. Ph: 067-231-418.

**PISE RAMMED EARTH COTTAGE** renovated internally two bedrooms, modern kitchen, 40 x 8 enclosed verandah added ensuite, extra toilet, separate shower, vanity, laundry, 13 acres plus fully fenced 5 paddocks 2 dams 2500 gals rainwater tanks, freehold between Adelong and Gundagai \$55,000. Ph: 069-449-217.

**SOUTH COAST NSW** — Cobargo Bermagui Area, 100 acres bush block, timbered, lovely views, good home site, excellent access, easterly aspect. \$47,500. Ph: Jim 0649-37201.

**WALCHA TOWNSHIP** ½ acre with small dam, two bedroom fibro home with lounge and sunroom, new kitchen, bathroom, laundry, toilet, HWS, and rewiring completed. Outbuildings include car shed. All services connected. Ideal indoor/outdoor living with land for producing own food. \$29,500. All offers considered. P.O. Box W115, PENNANT HILLS 2120.

**MID NORTH COAST** 110 ha. river, creek, alluvial flats, timbered mountain, rain forest, electricity, telephone, school bus at front gate. \$75,000 Ph: 065-858-353.

**LAND-SOUTHERN HIGHLANDS NSW** Mittagong — quiet side of town, big building block opp reserve with mountain views, quality homes in street. \$28,000 ONO. Ph: 02-631-6464. PO Box 302, PARRAMATTA 2150.

**LAND-MID NORTH COAST NSW** Near Taree and beaches. 170 peaceful treed acres. Cleared homesite with dam, road, power, swimming creek \$49,000 ONO. Ph: 02-631-6464. PO Box 302 PARRAMATTA 2150.

**THREE ACRES** new two bed home mountain area, one hour coast, town water, elect, retired couple. \$58,000 A.H Ph: 066-572-645.

**TENTERFIELD** 134 acres partly fenced, dam, new shed, caravan plus three mares, own creek, partly cleared, rest natural bush, abundant wild life 20 min south of Tenterfield \$30,000. Ph: 09-337-2776 or 049-871-541.

**LEGUME NSW**, near Killarney Qld. Ex-market garden 14 acres, rich basalt loam, perm. creek irrigation, 3-B/R home with septic, large packing shed, cement floor, elec, daily trans. Bris, approx 160 km. \$70,000. Bruce Johnston. PO Box 6, BONALBO 2470. Ph: 066-65-1196.

**FAR NORTH COAST** lush 6 acres with 1000 healthy blueberry plants, creek runs through property with natural swimming hole plus built in pool. Beautiful solid stone and brick 2 bedroom home featuring extensive use of timber, rock, brick throughout. Solar HWS, phone, elect connected. \$87,500. Ph: 066-858-131.

**HAMLET DEVELOPMENT**, Murwillumbah area. Council approved. Only a few shares left, approximately 12 acres each. Some cleared, majority beautiful rainforest setting. Adjoins state forest. From \$13,500 to \$18,500. For more details write to Palmview, 30 Arndell St, MACQUARIE 2614, or Ph: 062-512-247 or AH Ph: 066-793-333.

**ABSOLUTE RIVER FRONTAGE** house, two acres, Gundagai area, power, phone, water, septic, secluded, good access to school bus. Ideal retirement enquire 077-731-615.

**MENDOORAN** 20 ACRES freehold old house and stable, creek fully fenced, minute village and school 45 min Dubbo \$28,000. Ph: 068-861-193.

**ASHFORD NORTHERN NSW** — 75 acres freehold land situated in scenic valley with river adjoining state forest. Good three bedroom home with inground pool, phone, power, school and mail, 50 x 20 shed. Good fishing, wildlife hobby or holiday farm or alternative life style, nice and quiet. Price \$85,000 Ph: 067-258-764.

**FARMHOUSE** 600 ACRES one veg. only, Gloucester Taree area \$30 wk rent Ph: 049-24345.

**NYMBOIDA, NORTH COAST** solar powered 12-240 V near new 3-B/R home with s/out and 2 mezzanine floors. Front and back verandahs. 27 acres selectively cleared large dam and perm. creek with large rock pool. Plenty wildlife. Plenty privacy with good access. \$79,000. Ph: 066-494-223.

**TINGHA NEW ENGLAND TABLE LANDS** first class condition 2 bedroom cement brick home, garage, combust and elec, stoves open brick fire places, W.W. carpet all antenities, fishing, fossicking, ¼ acre, rates \$200 p.a. 2000 acres are free town common to run cattle or horses on, yes it's all good \$25,000. Owner 3 Opal St. TINGHA 2369.

**QUEANBEYAN-CANBERRA** 35 minutes 40 acres, cottage, magnificent views all seasons, spring, excellent dam, retreat any small farming no bld permit. \$42,000. Ph: 062-810-452, 062-811-226.

**NEVER TO BE REPEATED.** ¼ share in 50 acre property opposite fab beaches, 'Broken Head Nature Reserve' small studio, small dam, studio needs working on \$50,000. PO Box 428, CASINO NSW. Ph: 066-673-281 after 8 pm Tony Nth Coast.

**FIVE KMS EMMAVILLE** northern New England two adjoining blocks approx. one acre each lightly timbered, good views, public road, frontage \$2,500 each, \$4,500 both. Ph: 067-346-291.

**NORTHERN NSW HOUSE** on 140 acres near Grafton, sealed road ½ km to the Clarence River. Big dam, solar electricity, big battery bank, inverter and generator back up, solar hot water with slow combustion stove back up, 2000 gal rain water tank, picturesque block \$48,000. Ph: 066-423-311 B.H. only.

**MENDOORAN** 14 ACRES fenced, renovated 2-B/R cottage, new large family room, sheds, est. garden, fruit trees, veg. garden, 3 large dams piggery, min. village and school \$52,000 Ph: 068-861-193.

**GYMPIE-SECLUDED** 57 acres freehold, hilly bushland, small A-frame house on slab, State forest 3 sides, wildlife, views, privacy, phone, solar power, inverter, concrete tank, wood stove, hot water, shower, cupboards, permanent dam, many fruit trees, easy access, 11 km south of Gympie. \$65,000 Ph: 02-476-1149.

# GRASSIFIEDS

## PROPERTY FOR SALE

### NEW SOUTH WALES

**FORTY ACRES** near Kempsey. Lightly timbered, gently sloping land and alluvial creek flats, 25 km west of Kempsey. Fully fenced. Permanent creek with 10-ft deep swimming hole. Permanent dam. Fenced into 4 paddocks. 1-B/R timber cottage with wood stove, water, electricity, phone. \$50,000. Ph Roger: 062-416-767.

**ABUNDANT SLATE**, 485 acre country retreat: 1 hr from Griffith, Lake Cargelligo and Lake Talbot: 150 acres cleared, further 100 acres iron bark suitable: remainder hills with lovely bush and quality slate; two dams, potential slate enterprise, including some equipment. Bargain \$45,000 \$25,000 deposit, terms. All offers considered. Ph: 069-756-290 AH.

**NEW ENGLAND** 127 acres double frontage trout river, lightly timbered and some river flats, power connected to partly completed mud brick house, 34 km on sealed road to Armidale, school bus to door. \$65,000. Ph: 067-727-625.

**120 ACRES PRETTY GULLY** undulating, dam, temporary dwelling 10 m x 4 m with loft 30% clear, rest thick timber, main road frontage western side, truly beautiful \$34,000 T.Carlike PO TABULAM 2470.

**COFFS HARBOUR** 5 Beautiful acres of peace & quiet. Permanent river, large 18 mths old 3-B/R B/V home with large garage under, 20 mins west of Coffs Harbour, 40 assorted fruit & nut trees. School bus at gate. Urgent sale \$95,000 ONO. Garry & Whiti Edward, 'Whiti Te-ra' Lot 1, Dairyville Rd, DAIRYVILLE 2450. Ph: 066-538-285.

**MID-NORTH COAST** — environmentally aesthetic solar-built home on 34 acres amongst tranquil balance of timber, pastures and orchards. Frost free; sealed road; 7 minutes from Bowraville; 20 minutes ocean. Over 100 established fruit trees. Large dam, creek and flats, views, privacy, well maintained. \$85,000. Ph: 065-647-578.

**PAMBULA, NSW NORTH COAST** — 40 acres bush block including 6 acres cleared. Very secluded, surrounded by Yurammie state forest. North facing, permanent creek with crystal clear water, close to beaches. No power or phone. Price \$30,000 neg. Ph: 02-856-708.

**TWEED VALLEY** — 3-B/R timber house in excellent condition. Town water, power, 5 minutes to school, shops. Views to Mt Warning and scenic rim. \$38,000. Ph: 075-384-832 AH.

**NORTH COAST** 6 miles Nimbin approx 40 acres fertile soil, permanent gully dam, trees, wildlife, views, peaceful, bus, power handy, building permitted \$38,000. Ph: 066-891-291.

**SOUTH COAST MORUYA** — cottage 2-B/R, sleepout, fireplaces, kitchen and lounge. Sunny verandah. Large block with excellent river flat soil. Sheds, trees, scenic position. Walk to town \$39,000 o.n.o. Ph: 044-743-224.

**NIMBIN NORTHERN NSW**. Beautiful share (7½ acres) in established share farm. Frost free sweeping views of Nimbin Rocks, one half gently sloping pasture one half forest (trees on three sides). Small number of shares with secure legal setup, 2WD all weather access, gravity fed water, rich dark soil. Use of common land, easy going neighbours, \$13,500. For details and photos write to Peter and Vicki Marshall C/- PO NIMBIN 2480 or ring 066-891-546.

**360 ACRES FAR NORTH COAST NSW** (Upper Clarence Valley) 200 metres above sea-level, well-timbered in lovely valley with superb views. Annual rainfall 1200 mm. Two houses, double garage, large sheds, ex-dairy (has been used as dwelling). 3 dams (2 reticulated for irrigation), 82,000 litres tank storage. 500 blueberry bushes with gravity irrigation and fertiliser injector with large scope for expansion. 120 orchard trees — wide variety fruit and nut. Bitumen road, school bus, electricity and telephone connected. Primary school 7 km, hospital, secondary school etc. 19 km, Brisbane 2½ hours. Only family reasons for sale. \$160,000. Ph: 066-653-214.

**MOUNT WARNING AREA** beautiful wooden 3 bedroom house, solar hot water and electricity, 2 dams lined, fruit trees, established gardens, 200 acres of scarcely cleared bushland shared with 6 other shareholders common orchard \$30,000 O.N.O. write Yvonne 45 Grose St. LEURA 2780. Ph: 047-842-216.

**NYMBOIDA, 50 ACRES**, ½ share in 100 acres, river frontage, rain forest valley, 5 acres cleared, 2WD road, plus housesite, peaceful and private. \$26,000. Contact Mosi. Ph: 066-542-108.

**ENVIRONMENT** — small acreage tree-covered lots in Clarence Valley beside coastal national park. Town water, power, sealed road, phone. Low-cost house and land packages to suit your budget. Ph: 066-452-637.

**56 ACRES FOR SALE**-uncleared in Mudgee area — Bocobble heights. 20 mins Mudgee — school bus nearby \$17,500. Ph: 02-723-510.

**SOUTH COAST** 20 acres half share of 40, tenants in common, surrounded by state forest, western boundary Tinpot flora reserve, dwelling, no electricity, fire shelter, quarter acre cleared, rest forest, access to river, nearest town Cobargo 20 km. \$22,000 ONO. Enquiries A. Snell, 67 Railway Ave, BUNDANOON 2578.

**HOUSE AND STUDIO** on Doyles river and fifth share in 250 acres 10 miles from Elands. \$12,000. Ph: 065-853-941.

**DEADLINES: GR 62 — JUNE 26TH  
GR 63 — AUGUST 28TH**

**ONE TWELFTH SHARE** still available in 1100 acres beautiful creek valley surrounded by national park and state forest in newly established community. Only people that are interested in conserving the forest. Two houses and farm equipment on property already \$35,000 per share. Please contact Eva Engling, Darkwood Rd, Bishops Creek, THORA 2454.

**FAR NORTH COAST Share** for sale in Serendipity community. Share includes 4 B/R home on 10 acres, large working shed, good working equipment, a swimming pool, greenhouse, fruit trees, 240V generator, phone. Ideal place for nature lover. Be surrounded by eucalypt forest, heath and national park and close to untouched beaches and river. 20 min. to shops. Unique legal set up. Price \$54,950. Please phone Rosemary Zillig 066-21-8939 or write to: 46 Ubrihien St, LISMORE 2480.

**ABSOLUTE BARGAIN 4-B/R 2-bth** full brick, passive solar homestead on 25 ac Lachlan river frontage near Cowra. Design features include open fireplace, cathedral ceilings, slate floor, pine kitchen, large pantry, french doors, paved verandahs, grape pergola bbq area, carport, workshop & store room. Land features long frontage to trout stream, 17 ac river flats, 2 dams, feed shed and yards. 30,000 gal. water tanks. House is low maintenance. Ideal retirement. Excellent soil. Flood free. Transferred so must sell. \$139,000. Extra 19 ac, \$30,000. Ph: 067-224-008. PO Box 528, INVERELL 2360.

**NORTH COAST** 6 miles Nimbin 125 acres permanent gully dam, ideal small crops, power through, good fencing, secluded but handy. \$67,000. Ph: 066-891-291.

**BILLY'S CREEK** — beautiful 2-B/R weather-board/mudbrick cottage on fenced 10 acres. Electricity, indoor composting toilet, sky lights, many more pluses. \$42,000. Ph: 066-578115.

**FREEHOLD PROPERTY** 229.7 ha, 3-B/R w'board house, access h'way, facilities, mountain views. Suitable: stock, farming, small enterprises, retirement. Ph: 068-481-130.

**½ ACRE FOR SALE** Clandulla, near Rylstone — town water — (phone and elec. available) small dam, part cleared \$5,500. Ph: 02-628-2939.

### QUEENSLAND

**NANANGO S/E QLD**. Eight acres secluded bushland close to town, high and dry with a few rocky areas, a large dam and some very fertile soil complete with a small cabin, \$10,900. Also quality 5 acre property, power, phone, sealed road, good soil, lovely views some bush \$11,200. Ph: 071-631-418.

**BUNDABERG AREA**: Secluded freehold property, ideal alternative style living, fertile rain forest soil, suitable tropical fruits or grazing. River frontage 350 ac. \$65,000. Ph: 071-772-349 after 7 p.m.

# GRASSIFIEDS

## PROPERTY FOR SALE

### QUEENSLAND

**CHARMING 2 STOREY WEATHERBOARD & IRON** house recently improved. 3 bedrooms, 2 large entertaining rooms, kitchen, laundry, garage. Delightful garden palms, orchids, bouganvillea, creek at rear, forest outlook 40 minutes Cairns 15 km coast. Area 9500'. Photographs \$42,000 ONO. Worth seeing Ph: 070-671-103 or write O. M. Hopkins, 29 Parry St. BABINDA 4861.

**SUNSHINE COAST QLD** — 6 acres, attractive family home set in magnificent forest setting. Quiet established retreat with 2 acres of cleared land. Over 100 fruit trees, 38 varieties, established 5-10 years. Above ground pool, solar power, large rich vegetable garden. Rainforest stream winds through the valley and is close to the land. Shops & beaches are close. The home is surrounded by spacious verandahs, tree ferns, palms and shade trees, has a lot of red cedar windows & cladding (and also growing) is two storey with 3-B/R, an office, pantry, underground cellar, large lounge & kitchen. The main B/R upstairs has excellent forest views, large picture windows and spacious private verandahs plus a huge built-in wardrobe. Sheds, carports equipment, too many features to mention. After 9 happy years, work commitments require us to move. Inquiries invited. \$52,500 sacrifice. Peter Heibloem, Box 81, YANDINA 4561. Ph: 071-467-786.

**FASSIFERN VALLEY** 4 km from Boonah near Mt. French Nat Park. 3-B/R home, sheds, power, phone, 1 acre, 2 paddocks, good scrub soil, frost free. \$40,000. R. Vogel M/S 250, ROCKHAMPTON 4702. Ph: 079-342-861.

**MOUNT SURPRISE** new small weekenders on ¼ acre block in small rural community, freshwater bore, new pump, 1000 gallon tank, chicken coop, trees, garden, walk to shop, school, hotel, gemfields nearby possibility of work on stations, beautiful climate. \$10,000. Kleemann, PO MOUNT SURPRISE 4871.

**MARYVALE, 75 MINS.** West of Brisbane. Few trees on slightly sloping 11 acres. Power, phone available, close all amenities. \$18,000 ONO. Phone: 07-378-8848.

**FAR NORTH QUEENSLAND** 1000 acres freehold, one hour north Cooktown, permanent running creek frontage some rain forest. \$100,000. Ph: 077-762-295

**BEAUTIFUL HAND-BUILT** house nestled in rainforest between Ravenshoe and Millaa Millaa, Qld. Tenants in common with one tenant. Reluctant sale. \$65,000. Ph: 065-686-640 AH.

**5 ACRES BUSHLAND** home, dam, large lock-up shed, phone, electricity, fenced, rain water tank, on-site bore, 10 min. school & shops, good value & future investment \$130,000. PO Box 241, KURANDA 4871. Ph: 07-937-900.

**BEAUTIFUL 23.78 Ha.** Beaudesert Shire. 100 km, from Brisbane, has 2 sheds 10' x 15' iron 120 x 40 steel aluminium cemented, stove SC, laundry, shower, power, phone, 8000 gal cement tank, small dam, good fences, 5 paddocks, cattle yards, fruit trees. WIWO \$60,000. E. McVicar, 1-32 Messines Cres. MIAMI 4220.

**GREENBANK** two high acres. Views, three bedroom family home, 20 x 20 ft sleepout, 20 x 20 ft garage, animal shed, three minute walk local primary school, high school bus, town water, electric, phone, \$65,000 negotiable. Ph: 07-200-0270.

**FLAGGYROCK, QUEENSLAND** 14 acres close to mountains, sea, school, store/post office, fully fenced, semi/permanent creek, shed & permacreat tank, community waterpipe, road frontage. \$36,000 inquiries Ph: 03-314-3450 Mark.

**CENTRAL QUEENSLAND COAST** 15 acres selectively cleared couch pastures, fenced 2 paddocks 2 yards, 2 dams, bore, lister generator, 12 volt system power available, solar hot water, septic, phone, full brick 3-B/R house, verandahs, cathedral pine ceilings. School bus primary, high, preschool 6kms town 45 mins. Gladstone. 30 mins beach, double storey shed/studio suit stud/turf, nursery/kennels \$83,000. Ph: 02-771-5706.

**SUNSHINE COAST-Kin Kin** — 30 min to Noosa, 35 acres, arable land 70% cleared, some NE slopes, suit tropical fruits, views, large dam, power available. \$45,000. Ph: 049-522-240.

**SUNSHINE COAST HINTERLAND** Eudlo QLD. 22½ acres superb views of coast. A frame house, 3 levels, beautiful garden, organic, no sprays for 10 years, electricity and phone. Tall gum tree setting with rainforest and cleared areas suit paw paw or banana growing. On northerly slope, wildlife, views, privacy, subdividable, good alternative neighbours. \$65,000 Averil and Graham O'Hara Ph: 071-459-657.

**SECLUDED 35 ACRES** (2 deeds) 50 minutes west of Brisbane G.P.O., 2 dams, fenced, partly cleared, glorious views, \$30,000 negotiable. Ph: 079-342-861. Box 4026 ROCKHAMPTON HOSPITAL 4700.

**GYMPIE ORGANIC** 20 acres, 5-B/R home, all facilities, plus cattle, machinery. Plenty fruit trees, good soil, water. Great potential for any venture or just enjoying nature. \$90,000 negotiable. Ph: 071-833-840.

**COOL MOUNTAIN PARADISE** Eungella National Park area west of Mackay 9.5 acres large home, excellent condition, pure running creeks, tree palms, large cement block shed, suit studio or cottage, covered stock yards, irrigation to large assorted orchard and cultivation previously for out of season strawberries and flowers. Cleared, fenced, phone, electricity, school bus, designed to achieve high degree of self sufficiency \$75,000. Exchange Queensland home, large yard or acreage considered. Ph: 079-584-559.

**CENTRAL QUEENSLAND** 137 acres absolute first class loam, frontage to highway and river, three big irrigation plants (10,000, 12,500, 18,000 gph). Grow just about anything. 26 sq highset home. Extra big sheds, good swimming, handy schools and town, ideal first farm presently showing good returns \$150,000 phone owner 079-371-347.

**TULLY, NORTH QLD,** handy Cairns — land 5.7 acres fertile soil, grow anything. Permanent running creek, irrigation license. Suitable barramundi farming. 10 mins from Mission Beach, overlooking Dunk Island, handy Great Barrier Reef. P. Casey, PO, LOWER TULLY 4854. Ph: 070-669-354.

**TARA QLD.** Thirty acres Redland Estate. Cypress pines, power available, water at 800 ft. \$15,000. Ph: 097-611-473.

**HOUSE:** low-block, electricity, water, ½-10 acre. Approx. \$30,000. Coastal mid-west Qld. Not large city. Write H. Cleary M.S. 509, SARINA 4737. Ph: 079-562-161.

**120 KM SOUTH MACKAY** Upper Flaggy Rock. 109 acres freehold undulating to hilly, 50 acres improved pasture, rainforest, dilapidated 5 room cottage, sheds, yards, fences good, permanent bore water, 2 creeks, electricity \$50,000 includes distant sea views. Ph: 079-502-146.

**HERVEY BAY Qld** — large renovated Qld home on 13 acres. Enjoy bush living minutes from boat ramps, power, phone, septic connected, good supply tank water, livestock pens, ride-on mower, minutes from major shopping, school bus. \$73,000. Ph: 071-294-849. Write Gay, Beelbi Ck. Rd, M/S 787 HOWARD 4659.

**DEADLINES: GR 62 – JUNE 26TH  
GR 63 – AUGUST 28TH**

### VICTORIA

**MOYSTON-GRAMPIANS** weatherboard home on 20 acres looking onto the Grampians. Fully fenced, septic tank, large concrete water tank, 2-3 bedroom house with open fireplace, gas hot water and stove. No electricity as yet, but plans underway. \$45,000. Ph: 03-397-1194.

**WESTERNPORT-CRIB POINT.** ¼ acre zoned 'local shopping' ideal position to build craft shop (or cottage industry) and residence. Has exposure to growing tourist traffic. 10 mins to Red Hill Market. Rates only \$276 p.a. Opportunity to establish freehold business for only \$28,500 for land. Ph: 059-898-619.

**GRAMPIANS VIEWS** midway Stawell Horsham. 120 peaceful acres many trees in 9 paddocks with channel filled dams. Bungalow, unfinished stone house, solar 10,000 gal. cement tank, 2 insulated timber railway carriage sleepouts. Est. orchard herbs & garden, aviaries, poultry, pig & goat facilities, post and rail yards, hayshed, stables, & feed room on sandy area with shelter \$95,000. Ph: 053-843-222.

# GRASSIFIEDS

## PROPERTY FOR SALE

### VICTORIA

**191 ACRES EAST GIPPSLAND.** N/W aspect, 70 acres pasture, fenced, large blackwood shade trees, remainder forest, spectacular views, 2½ dams, springs, l/up shed, main road frontage, 5 km Bonang township, within 30 km Errinundra, Snowy River and Snowy Mtns national parks. \$65,000. Ph: 03-754-4282.

**FARMLET WITH HOUSE** sheds, dams, in beautiful mountainous East Gippsland. McIlroy via BONANG P.O. 3888.

**PEACEFUL 55 acre** semi bush, red gum country, Chetwynd, 700 mm rainfall, dam, school buses, mail run, SEC, local store. Only \$25,000 Ph: 055-831-573.

**GENOA DISTRICT — beautiful 3-B/R** colonial style stone house on 130-acre mostly timbered property. Improvements include 20,000 gal. tank, irrigation pump, ¼ acre mature kiwifruit, dam, shed, generator. In secluded location approx ½ hour from coastal resorts Mallacoota, Eden. \$88,000. Ph: 051-588-240.

**20 ACRES** uncleared ironbark country near Childers. Partly fenced. Large dam. \$20,000. Ph: 07-716-950.

**NEW GISBORNE 21 acres** bush-block 1 hour from Melbourne, even less with new bypass underway picturesque bush property, plenty wildlife, stout steel-shed with many windows, could be used as accommodation while building, homesite made, Suzuki four wheel drive excellent climber, hardly used Partner chain-saw, semi-new Kawasaki many attachments, other garden tools etc. all-in-one. Price \$53,000 only interested enquirer Ph: 03-478-3240.

**STAWELL 76 ACRES, 5 paddocks,** ideal horse property, 2 stallion yards, walk in-out stables, day-yards, sand training track, 3-B/R home, machinery shed, 60 x 30 shed, 33 x 40 shed, 38 x 16 shed part of shed lined for a bedroom and kitchen, all yards are of post and rail construction all fences sheds and house are in very good condition, large dam S.E.C. Ph: 053-573-218.

**6 YEAR OLD 3-B/R cottage,** young orchard bearing variety fruit, water, SEC, 20 miles Benalla, 30 Shepparton. Ph: 057-644-225.

**ST ARNAUD 22 acres,** dam, caravans, shed, next state forest. Within town boundaries. Peaceful location \$16,500 O.N.O. Ph: 03-268-6312 BH03-557-2500 AH Ask for Leonie.

**FOR SALE 25 ACRE** bush Lorinna fenced access road overlooks Lake Cethana close to Cradle Mountain, shed, bus, very nice area and community \$16,000. Ph: 003-911-626.

### NORTHERN TERRITORY

**SMALL ACREAGE** with water and power near coast north NSW southern Qld. Approx. \$20,000 will negotiate if dwelling included, write P.McKinnon, Box 609, TENNANT CREEK 5760.

### TASMANIA

**SOUTHERN TASMANIA:** 6 acres opposite bay, pasture/bush, good fishing, 2 bedroom WB cottage, power, school bus, borders state forest, GR neighbours, environment centre being built in area \$21,500 Ph: 002-983-190.

**EAST COAST TAS.** St. Mary's, 25 acres pasture and bush, good access, perm water, good view, 5 km to town, 20 mins to beach. \$17,500. Ph: 004-286-280.

**TASMANIA — 156 acres** 10 mins from beautiful Deloraine. Uncleared gently sloping and fenced. Power is connected to properties on either side. Has suitable site for dam but no running water. 45 mins to Launceston. \$25,000. Ph: 070-517-894. McCulloch, 62 Boland St, WESTCOURT, CAIRNS 4870.

**NORTHERN TAS — large building** of 33 sq. comprising 6-B/R plus bathroom and kitchen with huge 17 sq. hall/dining room. Building has been partly renovated but needs more work done. Previously used as holiday camp. A small cottage is situated on block as well as the main building. Land is 4 acres in private secluded setting with river frontage and private access road. 60km from Launceston. PO Box 1428, LAUNCESTON 7250. Ph: 003-319-995 (BH).

**RINGAROOMA, NE TASMANIA.** 240 acres on 2 titles, 120 each. 180 ac. excellent pasture, basalt and loam soils, high rainfall, excellent gravity irrigation system. 60 acres bush and rainforest, very private, magnificent views of hills and mountains, river through property, creeks, dams, springs, attractive renovated 3 B/R W/B home, barns, dairy, sheds, currently running as dairy farm, 85 cows. Will offer as going concern or land alone, for details contact Lynn & David Noonan, RSD RINGAROOMA 7254. Ph: 003-532-367.

**CYGNET — 50 acre farm,** situated at end of private country lane, just 45 mins drive from Hobart. 3 bedroom, brick colonial style home with blackwood panelled lounge and open fire. Floor heating, established shrub garden. Also original homestead, partly renovated in pine. A 50' x 35' brick and iron shed. Approx 35 acres established pasture, with 3 dams, excellent fencing and ample water supply. \$145,000. Ph: 002-951-516 or 002-278-146.

**NEW NORFOLK TAS** 143 acres bush panoramic views of Derwent. Cliffs, caves, valley, undulating clearings, fenced, upgraded access road. \$30,000. Ph: 053-687-277.

**DEADLINES: GR 62 — JUNE 26TH  
GR 63 — AUGUST 28TH**

**EAST COAST TASMANIA** 30 acres, plenty permanent water, highway frontage, small sea-view, 10 acres pasture, 20 acres natural bush. Good soil easy to work, easterly aspect, five minutes to nearest beach for fishing and swimming. Approx. 8 km to nearest Post Office and shops. \$30,000. Ph: 003-722-459.

**NORTH WEST COAST TAS** bush haven kit log home for sale and removal. Price negotiable. Ph: 004-357-568.

### SOUTH AUSTRALIA

**FOR SALE AT TALIA — self sufficient** farm, 300 acres undulating freehold property, 8 miles to beach and fishing, frontage to main Flinders Hwy, west coast of South Australia. stone farmhouse 7 rooms mod. cons. plus big enclosed verandahs, furniture, this property includes the old township of Talia and is subdivided into many titles, the outbuildings include: huge forest of ancient antarctic beech; temp rainforest; five mountain springs, abundant ments, trees, wildlife, etc, abundance of good water pumped to elevated 20,000 gallon concrete tank, suit self sufficiency, craft, tourism etc, school bus to Port Kenny 17 miles \$60,000 good vendor finance available, very cheap, please contact Dalgety Bennett Farmers Ph: 086-261-409 or the owner, Len Carter Ph: 08-388-5264

### OTHERS

**KANGAROO ISLAND — 200 acres** virgin bush bordering conservation park. Perpetual lease (conservation) with 30 acre clearing overlooking sea. Access by council road, 1¼ mile from main road, school bus. \$80,000 negotiable. B. Hayes. P.O. PENNESHAW 5222.

**GOOD STARTER HOME** for sale, would suit handyman-gardener all modern conveniences on ½ acre close to schools, post office, hospital, supermarket, would sell \$25,000 or swap for a few acres with caravan or a liveable cottage. Ph: 099-341-031.

### WEST AUSTRALIA

**BEAUTIFUL SECLUDED BLACKWOOD RIVER** frontage, forest surrounds. Established orange orchard (350 trees), remainder of this 64 acres dense peppermint on rich alluvial soil. Shared W/board house, sheds, machinery, generator. \$29,000 quarter share, tenancy in common. Ph: 09-341-8612. 116 Empire Ave, WEMBLEY DOWNS 6019.

**SOUTH WEST WA share** in 320 acre property close to coast, borders national park and deep river, cottage, orchard, septic, gardens. \$20,000 ONO. Phone 098-401-062 evenings or write T.Jolley, C/- PO, WALPOLE 6398.

### PROPERTY WANTED

**WE ARE A COUPLE** looking for a piece of dirt 2-5 acres freehold with dwelling permanent water and native bush surrounds. We would only be able to purchase under \$25,000. Area from Far South Coast to Northern NSW, would be genuinely considered. We are environmentally conscious and caring people. Ph: 064-941-765.

### CALENDAR EVENTS

**VICTORIAN GARDEN FESTIVAL** Sept. 30 — Oct. 4, 1987 (School Holidays). Royal Exhibition Buildings, Melbourne. Seven Great Shows in One! Seminars, open days etc. Details: Ph: 03-736-1882.



# GRASSIFIEDS

## COMMUNITIES

**HOUSE IN SUNRISE FARM COMMUNITY** — Buchan, East Gippsland. Sunrise farm, 600 acres, is adjacent Mt. Murrindal Reserve and Ontos communities. I have a mud-brick/oregon/pine hexagon style home for sale. \$40,000. Genuine enquiries only. AH Ph: 03-527-4946.

**LILLIFIELD COMMUNITY** a total of forty shares at \$12,800 each in a council approved Multiple Occupancy (over one third already sold). Location — 15 km west of Nimbin on the Kyogle-Murwillumbah Road. Each share gives legal entitlement to approximately four to five acres as well as a share in over 100 acres of common land for environmentally sound recreational and agricultural purposes. There is a choice of flat land, high land and valleys, gentle slopes, with creeks and streams. The Community House main structure has been completed, there are gravel roads, dams for water supply and swimming, a tractor and various implements for community use, and the local Rudolf Steiner School is located on adjoining land. Our aim is for a community of people who will respect this beautiful land as well as each other. If this appeals to you please write to 'Lilifield', Lillian Rock, via NIMBIN 2480 or phone 066-897-224.

**SHARE IN MANDALA COMMUNITY**, SE Queensland, mudbrick house on own hectare, power, phone, water, \$32,000. Malcolm Roach, 181 Russell St, TOOWOOMBA 4350. Ph: 076-323-176.

**SHARE FOR SALE** in rural co-op Dorrigo Plateau bordering Nymboida River and state forest, small wood house with dam, HWS, solar system \$12,000. Ph: 02-981-2559.

**NIMBIN NORTHERN NSW** — shares in beautiful 360 acre property. Forested slopes and fertile creek flats. Wide creek with waterholes along boundary. The shares are up to 10 acres and are some of the few fully approved shares available. Shareholders are eligible for first home owners grants. Access is 2WD all weather and shares are fed by a gravity water system. The shares have been selected for privacy and are surveyed. Use of common land, rainforest area, wonderful wildlife and flora \$13,000. For details and photos contact Mark Taranto, C/- PO NIMBIN 2480.

**19.1 ACRE SHARE** in Starlight Community. Part of 320 acres of freehold rainforest on Sunshine coast hinterland. 20 mins to Noosa Heads surf beach, 10 mins to shopping facilities. 2 storey solid timber house — open fireplace, slow combustion stove, HWS, 6,000 gallon cement tank water storage, swim creek with rockpools, magnificent rainforest, heavily timbered, absolute privacy. Large shed, fernhouse, phone, piano, flush toilet, gas stove, established orchard inc. citrus, bananas coffee, mangoes, macadamias, pecan, avocado, paw paw etc. 2 acres cleared re future orchard & gardens. House gardens, secure legal structure. Reluctant sale reduced to \$54,000 consider trade and or swap house, land, boat etc.. Ph: 085-325-137, 08-3888-006 or 08-2721-886 anytime reverse charge for photos or further details, write C/- Box 1116 MURRAY BRIDGE 5253.

**FOUR SHARES** (8 total) in 250 acres (100 cleared) high above 2 massive canyons and bordering New England Nat. Pk. Features include: huge forest of ancient antartic beech; temp rainforest; five mountain springs, abundant diverse wildlife, amazing views over cliffs, mountains and ocean 50 miles away. Excellent soil plus use of cabin. Known as 'Rim of the World' this is truly a place of unsurpassed beauty. Building no problem. \$15,000 each. Contact Terry Ph: 02-981-5297, Steve Ph: 066-551-692, Tony Ph: 066-558-607.

**ONE-TWENTYFOURTH SHARE** in Community and Retreat Centre near Kyogle, Northern NSW. 1000 acres forest and pasture, permanent creeks and springs, approved development. \$15,500 negotiable, carries 5 acre dwelling entitlement and share in community house and tractor. Contact Sue/Dave 066-243-885 AH.

**1 SHARE** (\$8,000) and 1 share with buildings (\$35,000) available in well-established multiple occupancy (co-operative). 196 forested acres in coastal location south of Evans Head NSW. Please apply for details C/- Secretary, Korindrie Ridge Co-op, PO Box 42 WOODBURN 2472.

## BUSINESS FOR SALE

**THE SOLAR FOOD DRYER** — unique Australian invention selling well throughout the country with virtually unlimited overseas potential. Accountants' estimated value of business, patent and potential around \$175,000. All questions answered to genuine enquiries only. Ph Peter Hunt: 03-489-8405 or write to PO Box 53, NORTHCOTE 3070.

**ORGANIC MARKET GARDEN** in full production unlimited market good income. 10 acres, 2 km from Blackbutt, creek and own spring, hothouses, 200 young fruit trees, pump, pipes etc. Council approved plans for dwelling \$38,000 walk in walk out, sale for health reason. Ph: 071-630-452 or write G. Amena, C/- PO, BLACKBUTT 4305.

**MODERN LEATHER CRAFT BUSINESS** — manufacturing quality purses to medium sized bags and belts, established 9 years. Suit motivated couple plus part time help, or group. Will set up in your premises. Fully mechanised, easy to learn, will give tuition and help distribution and all contacts for supplies. Most customers serviced by post so situation not important. If you are prepared to work hard T/O can exceed \$100,000 per year. Reason for sale car accident. Price \$30,000. Replies to M. Griffin, PO Box 706 BALLARAT 3350.

**SMALL BUSINESS SHOP** with 3 B/R house at rear plus share allotment adjoining with ex-service station building and driveway on. Large allotment shed at rear both allotments only 100 m from ocean situated at Wyndham Port in the Kimberleys. Will sell lot \$38,000 plus SAV. Genuine reason for selling. Contact owner 091-611-364.

## WANTED

**IDRIESS BOOKS** — write Vaughan, PO Box 93, HAMPTON 3188.

**HELLO. CAN ANYONE HELP?** We are three responsible adults, reliable incomes require 3-4 B/R farmhouse on 5-40 acres for approx 2 years rent or lease within half hour drive to timber mills. **THREE NATURE LOVERS.** Reply C/- Box 764, SHEPPARTON 3630.

**PROPERTY FOR RENT** lease with option of buying preferably with dwelling suitable restoration 20/30 acres. Good water, power essential. Hunter Valley to Queensland border. Ph: 049-814-875 after 6 p.m.

**WANTED HOUSE/FARMHOUSE** married couple, two children. 30 km radius of Bairnsdale. Long term lease. Please write D. Broughton, C/- PO, BAIRNSDALE 3875.

**WORK WANTED**, on farm northern NSW/-QLD. Young couple, eager to learn everything about self-sufficiency. You need help in or around the house? We work hard in exchange for food and maybe accom. From May to Oct. W. Burger, C/- PO GPO, SYDNEY 2001.

**HELP! LADY, GRANDSON** 6 yrs need 5 plus acres to rent with option, must have water, shack would be nice, suitable hobby farm, at present caretaking property National Trust. Any state considered, all replies answered or reverse charges Eileen Ph: 089-723-878. PO Box 1776, KATHERINE 5780

**WANTED TO CARETAKE** or caretake lease or rent for up to one year from September, property (acreage) somewhere in Tasmania. We are three responsible adults and need somewhere to put our feet down while we seek our ideal property. What offers? Write The Westons, PO Box 61, YARWUN 4694.

**VIRGO LADY** 47 yrs, 5' 3", 50 kg. Seeking employment, 15 years experience office procedures. Prefer rural environment, any type employment considered. Accommodation for self, horse, dog and cat desirable. Reply Seeker, PO Box 127 MERIMBULA 2548.

**WANTED TO RENT** small cottage/caravan on any acreage anywhere! Young couple with good living habits. P. Robertson, 56 GyMEA Bay Rd. GYMEA 2227.

**VICKI** (26) Alysha (1) looking for place to live and learn from alternative farm life, in exchange for our help and knowledge. prefer south east Qld, Northern NSW. Ph: 07-345-9833, 108 Lang St, SUNNYBANK HILLS 4109.

## HANDCRAFTS

**OLD WORLD CLOTHES** handmade and recreated for the 20th century pioneer. Catalogue includes Pioneer Woman's Blouse, Edwardian Tea Blouse, Settler's Work Shirt, Children's clothes. Wedding outfits available on request. For catalogue, send 3 x 36c stamps to Nattyjaks Handcrafts, 3 Paton St., ANGLESEA 3230.

**KILNS AND POTTERY SUPPLIES** is currently providing a service to potters throughout country NSW and southern Queensland. Stocks a complete range of clays, glaze, raw materials. Specialising in design and construction of kilns. All types. Ph: 067-784-460.

# GRASSIFIEDS

## HANDCRAFTS

**POTPOURRI & SACHET SUPPLIES.** We now have the largest range of materials for potpourri work at the lowest prices in Australia — potpourris, flowers, herbs, spices, essential oils, books . . . and much more. Small or large quantity, our price and range is the best. Write for free mail-order catalogues: Potpourri & Sachet Supplies, PO Box 53G, NORTHCOTE 3070. Ph: 03-489-8405.

**SOFT TOYS** all new materials, allergy free. Gifts, crochet handkerchiefs fine, plain embroidered. Edged washers etc. Send S.A.E. for list Box 10, BINGARA 2404.

## PUBLICATIONS

**AUSTRALIAN SMALL FARMS HANDBOOK** — new edition out now. Where to get products like pumps, wind generators, solar cells, seeds, livestock (including bees & earthworms), and stockfeed, organic supplies as well as chemicals & fertilisers: information on breeding deer or growing nuts; courses in farming skills; helpful groups and organisations from Permaculture to Agriculture Depts. Listings cover all states: reviews of books & magazines and a calendar of Field Days and shows. All this for \$12.95 (plus \$1.50 post) from Second Back Row Press, PO Box 43, LEURA 2780.

**LOW-COST OWNER BUILDER OCTAGONS** — a comprehensive manual, \$2 direct from builder designer. Appleby, MS316, NEERDIE 4570.

**HEALING BY GOD'S NATURAL METHODS** — pure air, sunlight, abstemiousness, rest, exercise, proper diet, water, trust in God, these are the true remedies. This book contains 100s of simple, natural remedies for all manner of diseases. Send \$5.00 post paid to Street Ministries, PO Box 59, MURWILLUMBAH 2484.

**TURKEY TALK** — a bi-monthly newsletter for the small-scale turkey breeder and pure breeds fancier. Subscription \$12.00 per year. Sixth issue available now from Night Owl Publishers, Box 764, SHEPPARTON 3630.

**ANIMAL FRIENDS**, quarterly, the magazine for all who love animals. If you share your life with an animal friend this is the magazine for you. Regular features include veterinary column, book reviews, young people's page, lively letter pages plus factual and entertaining features. *Animal Friends* is only \$6 a year. *Animal Friends*, 40 Northam Rd, EAST BENTLEIGH 3165.

**HOW TO INVEST** in real estate, little or no money required to start. For this informative booklet post \$20 to PO Box 45, HACKETT 2602.

**INITIATION INTO GENUINE MAGIC** by Franz Bardon. More details (SAE) from HERMETICS, PO Box 84, WEST END 4101.

**THE MARK OF THE BEAST** where does it come from? How can we avoid it? Send for free literature to Dr. Don Gray, C/- PO Bentley via LISMORE 2480 or phone 066-635-213.

**ECKANKAR** — The Key to Secret Worlds by Paul Twitchell. Paul Twitchell, the modern-day founder of ECKANKAR, offers a simple premise in this introduction to ECK: As Soul, we can rise above the human self to contact Spirit directly, with the help of easy spiritual exercises. Step-by-step instructions for these contemplative exercises are included, along with an over-view of the basics of ECKANKAR such as karma, reincarnation, and working with Spirit for right discrimination in daily matters. After a careful reading of this book, many have caught the art of how to find their true self — soul — and journey into the invisible realms of God. Large paperback \$12.30 includes postage and packing. Send cheque or money order to Eckankar, Shepparton Discussion Group, Box 1669 SHEPPARTON 3630. Ph: 058-211-951.

**'DESIGN YOUR OWN KNITTING PATTERNS for Homespun'**, 12 p. booklet, \$3.50 each (includes postage), \$2.00 each for orders of 10 or more (plus \$2.00 postage): 9 Hamilton Ave. PT. LINCOLN 5606.

**BIODYNAMICS** an advanced organic approach to gardening and farming, to rejuvenate planet earth. Send name, address and 36¢ stamp to: Atec, PO Box 110, LEURA 2781 for latest catalogue.

**THE SEAL OF GOD** where does it come from? How can we obtain it? Please send for free literature to Dr. Don Gray, C/- PO Bentley via LISMORE 2480 or phone 066-635-213.

**FANCY FOWL** is devoted to articles and news items connected with breeding and exhibiting all types of fowl, including waterfowl. The journal is available on an annual subscription through Australian Agent, Ken Bergin, PO Box 5, SUMMER HILL 2130. The rates are as follows: Surface Mail \$22.00; Air Mail \$30.00.

## HOLIDAYS

**SILVERTON CAMEL TREKS.** 25 km north west of Broken Hill. Book now for Easter and school holidays. \$5.00 deposit per person for bookings. Hourly treks (min 3) \$10.00; two hour treks (min 3) \$20.00; sunset treks (min 2) \$20.00; 15 min trek (min 2) \$5.00. Bookings — Billy Cannard, PO Box 121, BROKEN HILL 2880. Ph: 080-885327/885305.

**VISIT 'KOOKABURRA FARM'** — see a commercial organic market garden with pigs, poultry, sheep, cattle, working horse and bees. Also reforestation, dam and windmill, mud brick building. Farm walk (about 1 hour duration) and morning or afternoon tea for \$5 adult, children free. Located 12 km from Pacific Highway, take Bowraville turnoff at north end of Macksville Bridge. Sundays at 10 and 3 or other days by arrangement. Caravan available for overnight stays at \$15 per night. Booking essential. Ron and Dale Hawkins, 'Kookaburra Farm' via BOWRAVILLE 2449. Ph: 065-647-461.

**PURRUMBETE HOLIDAY LODGE** — bunk-style budget accommodation for large or small groups in quiet rural setting beside Lake Purrumbete. Phone for details: 055-947-330 or write RMB 6055, CAMPERDOWN 3260.

**BICYCLE TOURS OF NEW ZEALAND** — we feature biodynamic, organic farms and provide all cyclist's services. PO Box 11-296, AUCKLAND 5. Ph: 591-961.

## LIVESTOCK

**BEEES.** Gentle productive Italians. Queens \$6.00 ea. 10 + \$5.50 ea. Nucleus colonies \$30.00 ea. Box \$8.00 freight extra. For all orders paid for by 31st August deduct 10% discount. Patrick Carroll, Lot 7, Milford Rd, LONDONDERRY 2753. Ph: 045-725-560.

**PRODUCE YOUR OWN HONEY!** A hive of Honey Bees in your garden can double the yield of your fruit trees and vegetables and you can have delicious honey as well! A fascinating hobby suited to all ages. Basic hive, ready assembled and painted — \$60; bees, \$30 extra. Complete beginner's outfit with all necessary gear, bees and instructions — \$130 FOB Londonderry. Send for details to: BB Honey Products, 125R The Northern Road, LONDONDERRY 2753. Ph: 047-77-4866.

**STANDING AT STUD** Avalon Park Warlock Q\*, British Alpine buck, 2 Abbott St, SOUTH GRAFTON 2461. Ph: 066-423-102 BH.

**FOR SALE.** Indian and Jubilee cockerels, ideal for producing meaty chickens when crossed with farmyard poultry, \$10.00 each, Vic only. Write M. Miller, Box 764, Shepparton 3630.

**DAIRY GOATS** — Toggenberg. Good milk lines and placid natures. Organically reared. Christine Wall, 'Eastwind', Coopers Rd, MACCLESFIELD 3782. Ph: 059-688-664.

**QUIET HOUSE COWS** with calf hand reared organically, various breeds. Ph: 051-540-120.

## EXCHANGES

**COUPLE NEAR MOBILE,** Alabama wishes to swap residences and/or beach home for comparable accommodation any time during 1987 and spring 1988. References required. John T. Crowder, Jr., PO Box 66705, MOBILE, ALABAMA 36660.

**SEEKING ABODE** in exchange for building or farming duties genuine offer, must be vegetarian atmosphere. Mark Bennett, Sunrise Caravan Park, David Low Hwy, NOOSA 4567.

## COURSES

**POULTRY COURSE.** July 24th and 25th. For those who wish to keep fowls for eggs and meat. For information phone: Sylvia Vagg 056-623-502.

## CLUBS AND SOCIETIES

**THE AUSTRALIAN HERB SOCIETY.** Join now, members receive quarterly magazine, free seeds, access to extensive tape library. For application forms write to PO Box 110, MAPLETON 4560.

**LETS GROW GARDEN CLUB.** A new correspondence club, with Glen Heyne and John Mason. Benefits include: quarterly newsletters; mail order catalogue; exclusive plant and seed collections; workshops, courses, tours and holidays; special discounts on books, tools products etc. Send \$10 annual subscription to 'Let's Grow', The Garden Cottage, Malmesbury Rd, DAYLESFORD 3460.

# GRASSIFIEDS

## TO RENT

ONE BEDROOM HOUSE & LOFT on Sunrise Farm community, East Gippsland, Victoria, together with one large established vegie garden & numerous trees. Suit persons with strong interest in plants, must be vegetarians with clean habits. No cats or dogs \$45 p.w. Neil Hanna, Lot 172, Hazeldene Rd, GLADYS-DALE 3797.

## FOOD AND KITCHEN

STAPLE FOOD SUPPLIES — bulk health foods, quality at reasonable prices. Dried fruits, nuts, grains, legumes etc. For a price list ph: 071-956-833 or write Staple Food Supplies, Unit 2/6 Henzell Rd, CABOOLTURE 4510.

HOME STONE FLOUR MILLS: Mill your own stoneground wholemeal flour for cakes and bread at home with a Retsel Little Ark Stone Flour Mill. 'Endorsed by Housewives Association'. Write for catalogues to: Retsel Distributors P.O. Box 712, DANDENONG 3175, enclosing three postage stamps or Ph: 03-795-2725. Distributor enquiries welcome.

## GARDEN AND ORCHARD

COMPREHENSIVE CATALOGUE AUSTRALIAN native seeds 1800 species. Price \$6.00 posted. Bliss Partnership, 'The Cedars', BUNDARRA 2359.

TREES — Tagasaste, leucaena, tubestock \$30/50 \$50/100 incl. freight NSW, QLD Honey locust, kurrajong \$1.20, others on request. Write Col Freeman 'Corinda' MONGOGARIE 2470.

PROPAGATE YOUR OWN TREES from seed, over 200 species stocked — carob, tree lucerne, honey locusts, eucalypts, acacias, etc. For descriptive seedlist send two 36¢ stamps to Central Seeds (GR) R.S.D. LOCKWOOD 3551.

## OPPORTUNITIES

ANY LADY INTERESTED in buying half-half with me an exclusive 100 acre share in young attractive community? The money you need is about \$30,000 including the cost of building your own house — you are offered friendship (more may develop, who knows?) effective support, freedom, healthy life in beautiful N.E. NSW environment and a financially excellent deal, age or ethnic origin not important, children welcome. Roland, C/- PO Box 764, SHEPPARTON 3630.

PARTNERSHIP REQUIRED established dairy farm. R.A. Doolan, 29 Warrina Cres, BURLEIGH HEADS 4220. Ph: 075-351-851.

A UNIQUE OPPORTUNITY for people with little assets and/or low incomes, including those on social security benefits. The NSW Dept of Housing is making available funds for twenty-eight households to form co-operative community settlement on a choice ex-dairy property in northern NSW, 86 ha between Nimbin and Kyogle with good water, soils and north easterly aspect has been purchased and development approval obtained from council. Only \$500 cash required and repayments at less than 30 per cent of income will be arranged. R.R.T.F. C/- Nimbin Neighbourhood Centre, NIMBIN 2480. Attention: D. Leggett.

QUIET SINGLE OR COUPLE preferably with own accommodation to share and care-take 200 ac. Atherton tablelands. Perhaps sharefarming agreement, otherwise, must be prepared to lend a hand. There's no mains power, but ample clean water and seclusion. Definitely NO dogs or illegal drugs. Enquiries Ross Shute, Box 251, RAVENSHOE 4872.

OPPORTUNITY SINGLE LADY free accommodation share in organic vegies, herbs, horses, unique experience in bush paradise for help with children. Write K.T. Drysdale C/- WYNDHAM P.O. 2550.

I AM LOOKING FOR OTHER CREATIVE BEINGS (several) moving in a detached manner from worldly consumption, conquests & fixations, with similar (or rather not too dissimilar), practical, personal and spiritual compulsion, skills and temperament, with, (as in my own case) a longing to create, explore human potential, in conjunction form a body or core of individuals to afford some more of this country before it goes under the hammer for some other idiotic purpose. I would particularly like to hear from other single persons, financial and/or skilled longing to move into a broader spectrum of creativity, continuity and humanities. At present I have a property which I can turn over for fifty possibly sixty thousand dollars. Basic script of my being: bricklayer builder by trade, other skills architectural drafting, pure arts, design, stone-masonry, some carpentry and farming. Interests are humanities, literature (Buddhists, any literature of A. Huxley) vegetarianism, wildlife, natural healing, alternative powers, spiritual understanding, boats, sculpture, laughing, sleeping. Born 19.12.53 Dutch ancestry, upbringing was consistently close to Australian bush and fortunately not too traumatic. Weakness — limited knowledge of modern tech, mechanics, and my back. Particular dislikes: liars and laziness (spiritual). All contacts coming from good heart source answered in same manner. Best wishes and liberty. Contact Casey. Ph: 03-818-7555 write — Casey 34 Edgevale St, HAWTHORN 3101.

## CONTACTS

I'M FEMALE, SINGLE & 23. My hobbies are bushwalking, music, dancing & photography. I'm friendly and easy going and seek friends in NSW Pier Ruse, 22 Allawah Close, MT. COLAH 2079.

FEMALE COMPANION wanted permanent relationship, am 35 and have 80 acres with permanent creek rain forest and small house. Write Ron, PO Box 158, COOKTOWN 4871.

SEEKING LADY COMPANION to live aboard 50 foot yacht with all mod cons. Lady should be 30 to 45 years with no ties. She should be genuine, experienced or willing to learn. I'm 45 years old with independent means. Happy Wanderer, C/- Lot 10 Kimbriki Rd, BURRELL CREEK 2429.

HI! THERE! I am 58 and am looking for a partner as mad as myself between about 35-45 who does not smoke or drink and not overweight with a sense of humour and can enjoy life as it is, no drugs, I love camping, trees, hills, hoping to hear from you. Mike Carter, Granite Downs, PO Box 95, CHILTERN 3683.

FEMALE/MALE to share house 1 acre near Beerwah on Sunshine coast. Ph: 071-94-6135.

UNATTACHED MALE (28) no ties, non smoker, non drinker, loves gardening, travelling, C & W music and all sports, has own mobile home, seeks slim lady in 20-early 30's age group with view to friendship and the future all letters answered. Colin Dunkley, 870 Princes Hwy, SPRINGVALE NORTH 3171.

SINGLE FILIPINO LADY 27, wishes to correspond with Aust. guy view marriage if suited. Prefer someone in Hunter Valley area. Age 35 upwards. If interested phone 049-387-481 for information and address.

44 MALE CANCERIAN like to meet a genuine lady interested in self awareness, and simple lifestyle, children welcome, contact Barry, C/- Box 372, KATOOMBA 2780.

LADY (52) Sincere honest, wishes to meet kind caring man who loves country life, mountains, forests, beaches, sunsets, tranquility. I love horses, animals, gardening, music, reading, looking for permanent loving relationship. Write Jean, C/- PO Box 764, SHEPPARTON 3630.

WANTED KIND HEARTED good natured self sufficient lady who enjoys simple things in life in the country, for slim 6' European naturalised Australian 42 multitalented, humorous extroverted, likes camping, food, friends, enjoys good things of life — free spirit with property, no commitments, hoping to hear interested 'negative AIDS tested' lady. Peter Milford, C/- Post Office, MEANDER 7304.

TRAVEL COMPANION WANTED to come with us (39, 8, 7) all girls to play nomads for a while, go all around Australia visit communities, maybe settle in one later. You should be able to drive and fix vehicle (bus? campervan) more kids very welcome, let's go soon! So write quickly! Virginia Langsford, 7/8 Mitford St, ST. KILDA 3182.

MALE 45 non smoker, vegetarian seeks lady for independent friendship, must be interested in self sufficiency and in sharing life on tropical fruit farm. Please write to Hans Breiholdt, Beach Lane, Wilsons Creek via MULLUM-BIMBY 2482.

TEACHER (36), 6 y.o. daughter, mostly vegetarian, loves swimming, yoga, camping, politics, pot plants, reading, studying (p/t M.A.), cycling, Jackson Browne, Eurythmics, etc. would like some company. Julie, C/- P.O. NAMBUCCA HEADS 2448.

FEMALE 42 divorced, child 14, fishing, camping, crafts, gardening, C & W music, meet someone similar interests for permanent relationship. M.J. Schulze, 26 Lowe St. Carey Park, BUNBURY 6230.

LADY WANTED to help childless couple. Please write to us. Mrs Barker C/- Post Office, CERVANTES 6511.

FEMALE (22) living on western Queensland property wishing to correspond with nature-loving and sincere guy in 25 to 35 years. Write to 'Sandra', Sumana Station, ARAMAC 4726.

VEGETARIAN LADY 39 years old, seeks an alternative life style mate. Jennifer Hyslop, 40 Amethyst Street, Bayview Heights, CAIRNS 4870. Ph: 070-54-6007.

# GRASSIFIEDS

## CONTACTS

I AM A NURSING SISTER, 35, non smoker, attractive nature with two well mannered children. Up to date I have been living a fairly conventional lifestyle, but now I seek to start a new life with a soul mate (prefer tertiary educated) who is sensitive, warm, non drug taking, aged to 45 years, tall, with a sense of humor, northern European or Australian, living anywhere in Australia, and wishing to live together in a happy relaxed and loving environment (bohemian to a degree). Belinda P.O. Box 723 LILYDALE 3140.

WIDOW MOVING TO COUNTRY wants to meet widower 60, genuinely loves country life. Particulars phone 071-723-810. A. Evans, 292 Goodwood Rd, BUNDABERG 4670.

OUT OF TOWN — BUT NOT OUT OF LIFE! Male 43, living on his own 100 acres forest, grass, and gardenland in Northern NSW with wonderful views and nice neighbours, is looking for a sensitive woman to share his natural life. Vegetarian and nonsmoker would be fine. Charles, PO Box 63, TABULAM 2470.

LOOKING FOR LADY to share one of two ventures with 6' male 35 living on 35' boat or on 5-10 acres. Also interested in craftwork. K. Barr C/- PO ORBOST 3888.

I LIKE TRAVELLING OCCASIONALLY, modern music and movies. I am reasonably attractive and wish to correspond with a reasonably attractive man 24/30 non drinker, non smoker, catholic, mature with a good job and sincere. Susan P. C/- MARYBOROUGH PO 3465.

QUIET SINGLE BLOKE 45, drinks, bushie, hopeless, non-smoker, seeks petite GR lady, no ties, (need a good sense of humour) Nth Vic. Farm work available later. Photo exchanged. M.J. C/- PO Box 764 SHEPPARTON 3630.

SINGLE DRILLING CONTRACTOR, 36, financially and physically fit, seeks the friendship of a lady, age open. Ideally she would be an achiever, be honest, warm and considerate, a non-smoker, possess a natural friendly personality and sense of humour, be reasonably cultured a lover of nature and all outdoor activities, especially boating, fishing, camping etc. I consider myself to have the above qualities, at least. So if you would like to compare notes, please write soon. My intention is to go grass roots in the future, but with some security. All replies answered. Paul, PO Box 355, PARKES 2870.

LONELY GUY Young 40, son 12, with me. Looking for girl 30 to 37 for friendship non materialistic person alternative lifestyle girl welcome, we like camping walking, country drives, love children, country life but trapped in Melb. Write to John Hare, 13 Montasell Ave, DEER PARK 3021 or phone 03-367-7406.

FATHER WITH SON 12 and daughter 9 want to make contact with Survivalists in both New Zealand and South East Australia regarding possible sharing of retreat. Will repay postage to anyone writing. Lee, PO Box 7152, Bismarck, NTH OKLAHOMA, USA 58502.

DEADLINES: GR 62 – JUNE 26TH  
GR 63 – AUGUST 28TH

NEW AGE ORIENTED, sensitive, intelligent, gentle, creative Taurus/gemini, NZ guy (34) wishes to share life, its experiences, inner peace, nature's soothing beauty, worldly caring, with feminine, life loving independent natured lady. Any nationality. If relevant, hopefully your past relationship is in the past. However, I'm adaptable. Children and commitments O.K. Sometimes travelling at present, so please write K. Sutherland, C/- 1007 Glenhope St, HASTINGS NZ with contact, be happy.

WANTED FEMALE COMPANY, friendship possible marriage. Must like outdoors, farmlife. Self-motivated person to bring new ideas to property. 21-30, good conversationalist, reasonable education, preferably nonsmoker. Kelvin (35) bearded, hobby farmer, tipratter, occasional social drinker — interests poultry, reading, photography, and new ideas. Kelvin, PO Box 301, KYNETON 3444.

41 YEAR OLD mum with daughter 4 years would like to meet a kind gentleman, non-smoking, who loves children and wants to create as wholesome a life as possible. Contact Jan, PO Box 281, WONTHAGGI 3995.

MALE 39 seeks resourceful, resilient lady for four wheel drive safari prospecting throughout Australia. Would also like to contact land owners in gold bearing areas with view of access. Please write Peter Horsnell, 24 Commonwealth Ave, WOY WOY 2256.

WOMAN, 47, intelligent, vegetarian, non smoker, social drinker, seeks compatible male friend to share self-sufficient lifestyle. E.K., PO. Box 3, UNLEY 5061.

# GRASSIFIEDS

Please note the rate increase for the 'grassifieds'. General advertisements will now cost 30¢ per word, and property for sale will be 40¢ per word. Write your advertisement briefly and clearly — abbreviate where possible — and send with the necessary payment to 'Grassifieds', Box 764, Shepparton 3630, to arrive by the deadline for the issue in which you wish your advertisement to appear.

Sender's Name ..... For issue No/s.....

..... Classification.....

..... Postcode ..... Cost .....

Please complete the above (not for publication) — it helps us with our record-keeping so we can give you better service.


# GRASSIFIEDS

## MISCELLANEOUS

**WONDERWORM FARM**, live earthworms (tiger and redworms) for composting and bait now only \$15 per 1000 (300 g). Instructions and freight included. Wonderworm farm worm castings (fertiliser) 7-litre and 15-litre bag \$2.50 and \$4.75 plus freight. Discount on ten bags or more. 88 Hume Hwy, WELBY 2575. Ph: 048-711-337.

**SELL UNIHEAT SOLID FUEL** hot water system. 181 litre \$250. Phone 07-297-5082 evenings or write 509 Stoney Camp Rd. GREENBANK 4124.

**CHILDBIRTH PRICE LIST:** Birth Rediscovered video \$90.00, 16 mm film \$800, hire: \$25.00. Birth Can be Natural video (1½ hr) \$25.00 (3 hr) \$80.00 postage extra. Responsible Homebirth \$4.25 booklet: Thoughts on Women's Issues \$3.00 cassette: Relaxation and Breathing for Natural Birth: \$6.00 postage included. See display ad this issue. Orders to: Henny Ligtermoet, 1A Shoalwater Rd, SHOALWATER 6169. Ph: 095-272-033.

**MAKE YOUR OWN BRICKS** and save; moulds for bricks, blocks, stepping stones, pavers, garden edging and the unique Mortarless Lockable Bricks. Our special fibreglass moulds are inexpensive, easy and quick to use with mould turnaround of seconds. Making costs approx. Bricks 4¢ each, building blocks 8¢ each, 30 cm stepping stones 9¢ each, paving \$1.29 sq. metre, garden edging 27¢ metre. Send \$1 (refundable) for detailed brochure. 'Dick and Betty', 5 Terrace Falls Rd, HAZELBROOK 2779.

**FLOWER ESSENCE CARDS** for inspiration or greeting. Each is handmade and contains affirmations attuned to the flower's healing essence. Ideal to complement remedies or send to a friend. \$2.50 each. Send S.A.E for details to Box 24. FLAXLEY 5153.

**MUD BRICKS FOR SALE** 12" x 12" x 5" on site near Rylstone \$2 each 02-628-2939.

**QUARTZ CRYSTALS** for healing and meditation, by P. Burbutes. \$5.00; also Q's & A's about crystal therapy. \$6.00. Kennedy Bay Rd, COROMANDEL NZ.

**COLOURED WOOL** natural commercially spun. Grey, white, brown, 12 ply, 8 ply. \$34.80 per 28 oz. (one jumper lot) plus postage. Also coloured fleeces for hand spinning. More information from Newstead Pottery, Daylesford Rd, NEWSTEAD 3462.

**HOME WASTE** ecology system. Use mother nature's own processor. Turn your household & garden waste into a natural organic fertiliser. Full instructions plus 2000 worms & eggs for \$30. Goulburn Valley Earthworms, RMB 2357, TATURA 3616. Ph: 058-290-114, 058-290-290.

**TROJAN EARTH BRICK** machine (similar cinva ram) little used \$300. Ph: 071-851-674.

**AROMATHERAPY OILS FOR HEALING** and also for massage. Blended by diploma qualified aromatherapist. Includes my famous psoriasis oil! Send 36¢ stamp for details to Steve Lawrence, PO Box 540, BALWYN NORTH 3104.

**SILKWORM EGGS AND INFORMATION** — you need a mulberry tree to feed them. You don't have to kill worms to use silk. Booklet plus 300 eggs \$7. Kids' chart and eggs \$4. Booklet only, \$2. All post paid. Bulk rates for schools, CYSS etc. All enquiries S.S.A.E. No eggs posted after June 30th. J. Parkin, PO NIMBIN 2480.

**AT THE MAGICK HERBAL & CRAFT** Shoppe we deal in the unusual and personal craft. If you have a need for incense, candles, anointing oils, herbal pillows, amulet, for whatever the occasion please contact us with all your requirements at 80 Napier St, ST ARNAUD 3478. Smells & spells are our speciality.

**CHIP HEATERS.** No electricity needed for instant hot water, operates from town or tank water supply. \$125.00 including packing and postage 'Heaters' 358 Centenary St, ALBURY 2640. Phone: 060-215-469.

**FABRELLA IS HERE!** send 36¢ stamp for details 'Ultimate Care' herbals, Fabrella soil and stain repellent and fantastic Fabrella 101 permanent nonstick coating! Full and part time distributors required. Write to Steve Lawrence, PO Box 540, BALWYN NORTH 3104.

**FLOWER ESSENCES** a natural way to wholistic healing. We have available an extensive range of essences. Stock bottles \$2 each. Individual remedies are also available including the Bach Flower Remedies. Send 2 stamps for details to Natural Flower Remedies, PO Box 1796, MACCLESFIELD 5153.

## SERVICES OFFERED

**NATURAL THERAPIST** NW Tasmania. Lesley Bonnefin Dip. S.M.T. A.T.M.S. touch for health instructor. Available for consultations for muscle therapy, applied kinesiology, allergies, learning difficulties, therapeutic massage, reflexology, touch for health classes. 'Glade Falls', South Elliott Rd, Elliott. Ph: 004-363-173 Postal address C/- PO, ELLIOTT 7325.

**COMPANION PLANTING CHART** second edition now available. An attractive guide to companion gardening, covering over 90 vegetables, herbs and fruits, including plants as insect repellants. Mail order \$4.00 (postage included) Plum Products, RMB 3635, GLENLYON 3461.

**SPEED PAINTING** a remarkable new video designed to teach particular method of painting Australian landscapes in oils. Simple easy to follow techniques. Amazing results. Complete art course. V.H.S or BETA \$49.50. Available to art groups on approval. Len Hend, PO Box 502 MULLUMBIMBY 2482. Ph: 066-842-773.

**FRIENDS, SOULMATES**, solve your problems with understanding help, just post \$2.00 add postcode to 'CONSULTUS' Box 831, COOLANGATTA 4225.

**STEINER SCHOOL AND KINDERGARTEN** situated in the beautiful Upper Yarra Valley. 80 minutes Melbourne. Low fees. Enquiries Ph: 059-667-342 PO Box 19 YARRA JUNCTION 3797.

**EAT ALL YOU WANT**, never feel hungry, lose weight easily. Dr Ann Wigmore's wheat-grass programme. Write or phone for free details now! Hippocrates Health Centre of Australia, 21 Monaro Road, MUDGEERABA 4213. Ph: 075-302-860.

**WONDERFUL WORLD OF HERBS** — planning and starting a successful business. Name, address and 36¢ stamp to: Atec, PO Box 110, LEURA 2781.

**TAXATION RETURNS PRÉPARED** by registered Tax Agent. Reasonable rates. David Mallory, Ph: 07-848-6047, PO Box 185, ANNERLEY 4103.

## LATE GRASSIFIEDS

**MELROSE NEAR WONDAI** Qld 44 acres, formerly cultivated land mostly cleared, some trees, power, phone available, school five minutes away, sealed roads, town facilities half hour away, ideal farmlet \$33,000 for info. and video send blank VHS tape Gerald and Heather Hanley, 51 Sharon Cres, KELSO 4815.

**FILIPINO LADY SINGLE** 33 YO 5' 2" second year college, working as cashier. Interests — cooking, gardening, housework. Emotionally mature, definitely a one man woman with good morals, and ready to respond to an Australian man 33-58 years, with good morals. Magenda Alcalde Era Theatre and Trading Corporation corner — Gatuslao Rizal Street, BACOLOD CITY, PHILIPPINES.

**GR GUY** 36 into caring for 60 acres of Aust. bush seeking lady who loves the bush, beach, ocean and not worried about being isolated, write Hank Baas, M.S. 937, BAFFLE CREEK 4674.

**DEADLINES:** GR 62 — JUNE 26TH  
GR 63 — AUGUST 28TH

## SOLAR PROGRESS

Want to keep up to date on this important subject?  
And perhaps even help the progress to happen?  
Join **ANZSES!**

**ANZSES** exists to promote the use and development of all forms of solar energy throughout Australasia and publishes the magazine **SOLAR PROGRESS** to keep people informed of this rich and renewable energy source.

☐ Want to know more?  
(03)556 2242

☐ Want to join?  
(\$A30/year, students etc \$A20/year)

Contact: **ANZSES Administrator**  
PO Box 26,  
Highett, VIC 3190  
Australia.

**Australian and New Zealand  
Solar Energy Society**



# Information Available

When contacting associations or newsletters listed in Information Available, please, out of courtesy, include an sae, and mention that you heard about them in Grass Roots.

## RURAL AND ISOLATED LIBRARIES

The Riverina Regional Group of the Library Association of Australia is organising a conference for rural and isolated librarians, to be held on the Wagga Wagga campus of the Riverina-Murray Institute from 21-23 July 1987. This conference is expected to be of particular interest to librarians from country areas of Australia, especially New South Wales and Victoria. A programme is being planned for school and public librarians, as well as those in more specialised institutions such as libraries in hospitals, agricultural research organisations, and government departments. These libraries are generally difficult for suppliers to reach, and the staff are often unaware of the services available to them. For this reason space will be available to commercial interests to exhibit their products and services during the conference, or to place advertising material in the satchels to be given to the delegates. If you require further information please contact:

Marsha Reilly  
Steering Committee  
Libraries Alone  
c/- School of Information Studies  
RMIHE, PO Box 588  
WAGGA WAGGA 2650.

## ACTS

The Activities Department of Sydney's Royal North Shore Hospital runs community educational programmes in arts, crafts, theatre and sport. The aim is to cater for all sectors of the community in providing a wide range of learning and recreational activities. During each term, over 70 courses, workshops and excursions are offered. For more information on courses and enrolment procedures, collect a free booklet from the Hospital, or phone 02-438-8367 or 02-438-8325.

## HOME-SCHOOLING FESTIVAL

At Batlow's Lake Blowering Forestry Camp, 16-18 October 1987.

Following the success of the 1986 Home-schooling festival, it was decided to offer another opportunity in 1987 for home-schoolers to share ideas and experiences.

The Forestry Camp is situated 27 km (40 mins) from Batlow on the shores of tranquil Lake Blowering, surrounded by mountain ranges. Batlow itself lies near Tumut (NSW) 57 km off the Hume Highway. The campsite consists of two accommodation blocks, fully-equipped kitchen, large recreation room, and two modern ablution blocks. It is necessary to bring food, bedding, linen, cutlery, and all cooking and eating utensils. Costs: Registration — \$4.00 per family.

Daily Charge — \$8.00 per person per day/night at the camp with children under 3 years free. \$32.00 maximum per family per day/night. People interested in the festival should contact:

Stephanie and Duncan Marshall  
PO Box 780  
WAGGA WAGGA 2650  
Ph: 069-225-982.

## CRAFT EXHIBITION

The Seventh National Craft Acquisition Award Exhibition will be held in Darwin by the Crafts Council of the Northern Territory in conjunction with the Museums and Art Galleries of the Northern Territory from 31st July — 16th August 1987. Acquisition monies total \$3000.00 and pieces acquired become part of the N.T. Museum's Permanent Craft Collection.

Closing date for entries is 1st July, 1987. Entry Forms and further details:

Joy Grove  
Crafts Council of the Northern Territory  
PO Box 1479  
DARWIN 5794. Ph: 089-816-615.

## EMILY'S JOURNAL

Pat Roberts (husband Tom wrote the Horse Control books) has compiled a wide-ranging family history beginning with the writings of her great-grandmother Emily Welch on the voyage from England to South Australia in 1853. Accompanied by a wealth of historical detail, the letters from a variety of relatives and friends continue the saga up to the present, providing revealing insights into the process of social and personal change within an extended family. For anyone who enjoys history with the personal touch, the book costs \$19.50 and is available from:

Pat Roberts  
241 Richmond Rd  
RICHMOND 5033.

## VICTORIAN GARDEN FESTIVAL

This will be held at the Royal Exhibition Buildings from Wednesday 30th Sept. — Sunday 4th Oct., 1987, and is new, exciting and different to anything seen in recent years — a totally new concept in garden shows for Victoria.

The festival is in fact several shows all under the one roof, with the one ticket buying you entry to the lot. For example: THE MELBOURNE HERB SHOW comprises 66 display stands representing everything you might imagine to do with herbs.

A major emphasis will be placed on plants and exceptional measures have been taken to encourage nurseries to participate. On early indications, this show will present a larger gathering of nurseries than anything Victoria has seen in recent years. For more information phone:

John Mason on 03-736-1882 or 03-726-9883.

## ANIMAL FRIENDS

A quarterly family magazine devoted to the animal-welfare cause.

Our aim is to speak out loud and clear for animals who cannot speak for themselves. It is a non-profit making venture, and contributors are not paid.

In December 1983 the first issue of *Animal Friends* was published. The present editor, Noel Allen, was on the committee of the R.S.P.C.A. (Vic.) for sixteen years, and is a member of several animal-welfare societies in Victoria.

Animal Friends invites contributions about animals from primary-school and secondary-school students, and adult readers. These contributions can be prose or poetry. Animal societies throughout Australia are invited to publicise their activities in the magazine, submit news items, and so keep readers up to date in animal-welfare matters.

The annual subscription including postage for four issues of *Animal Friends* is \$6.00. Cheques or money orders should be sent to:

Animal Friends  
40 Northam Rd  
EAST BENTLEIGH 3165.  
Ph: 03-570-5829.

## CORRESPONDENCE — SPINNING AND WEAVING

The Australian Flying Arts School (A.F.A.S.) has already provided 'Spinning' and 'Weaving I' (both year long courses).

A new course, Weaving II covers colour and dyeing; tapestry weaves (warp covered); rug weaves; rep weaves; playing with materials; exploring ideas on the 4-shaft loom. This can be done as a follow-on from Weaving I or as a separate course.

Brochures and further information on these courses may be obtained by contacting:

Correspondence Course Co-ordinator  
Australian Flying Arts School  
c/- B.C.A.E.  
Victoria Park Rd  
KELVIN GROVE 4059.

# Feedback Link-Up Feedback

## Dear Grass Roots,

For anyone interested in DESTROYING RED MEAT ANTS here's a method my husband Dennis has found to be successful over the years. All you need is a good soaking rain, a small plastic squirt-can with a nozzle, some petrol, a supply of sloppy clay mud and lots of perseverance.

The best time is when the ground is thoroughly wet after rain and the ants have opened up their holes again. Follow this procedure first thing in the morning after a cold night, while the ants are all still underground — but please, not by kerosene lantern light or other open flame, or it could be you that gets exterminated, instead of the ants! Squirt some petrol down their holes with the squirt can and immediately seal the openings with a blob of mud. Water and petrol don't mix, so with the ground being wet, the petrol will run down the holes and not become absorbed into the soil, giving the fumes a chance to reach to the furthest workings; it's the fumes that do the killing. The whole colony will need to be done at the one time and all neighbouring ones too, if possible, or ants from these may come to their rescue and re-open the treated holes from the outside. Step on and kill all ants that may have emerged during the operation. It may be necessary to repeat the application, in case you happen to miss some holes, but with perseverance you should win out. It would be a good idea to persuade any neighbours with the same problem to do likewise, to stop any re-colonisation from outside your boundaries. In any case, when the colony looks to be dead, it's a good idea to thoroughly consolidate the ground with a hammer, so preventing any outside ants from making use of the holes again.

This treatment was also found effective against a colony of TERMITES, working under the floor of an earthen-floored shed, but here it wasn't necessary to wet the ground, as the natural lining of their tunnels was barrier enough to prevent the petrol from becoming absorbed.

I wonder how many readers know what a marvellous healer the humble little GARDEN MARIGOLD or Calendula is, FOR SKIN COMPLAINTS, especially anything in the line of tinea, inflamed and festering sores etc. Also internally as a blood cleanser. Just brew a heaped teaspoonful of fresh leaves, stems, flowers in one cup of boiling water, let stand one minute, drain and dab the brew on the affected parts, or drink two cupsful a day. We also found it very effective for a nasty skin rash caused by dye in new clothing.

Does anyone know the recipe for making MULBERRY CIDER-/VINEGAR? My mother used to make it many years ago and there was nothing more refreshing on a hot summer day, than a drink of cool water from the big canvas water-bag hanging in the breeze-way under the verandah — no refrigerators in those days — with a dash of mulberry cider, and maybe if you felt you'd worked hard enough to really deserve it — a teaspoonful of Salvital stirred into it! On the other hand there were the hours of climbing around the big, old tree, tediously picking the ripe berries and looking more like a purple besplattered scarecrow, than anything else before you were finished.

Both Dennis and I have had enough of 'grass roots' living in bygone days to now be happy to live near enough to civilization for the use of mod-cons but still have enough elbow-room on our 5 acre block to do our own thing, which is mainly running a few Saanen-Nubian cross milking goats and keeping ourselves in fresh fruits and vegetables. The trouble is, there's so much we'd like to do but are no longer able to, with age and ill-health catching up on us.

It's always a thrill to see the S.A. postcode under a letter and to know there are other *Grass Roots* readers in this fair state of ours.

**Irmgard and Dennis Kobelt**  
Lot 11, Hillier Rd  
GAWLER RIVER 5118.

## Dear Grass Root People,

Will some kind person help me with some roots of BAMBOO. The ones I get from shops and nurseries are parlor plants I'm after the real big ones. I can collect up to 100 km from Gympie or Marborough, Qld. Send price and contact morning or evening:

**S. Steenstrup**  
M.S.279  
GUNALDA 4570  
Ph: 071-846-224

## Dear Editors,

The Australian Consumers' Association is surprised by the assertion made by Dorothy Hall (GR Dec 86) that CHOICE magazine accepts government funding. *Choice* is completely funded by subscriptions, sales of related publications and fees for tests or services (e.g. energy consumption tests on refrigerators for the Department of Energy). We feel the magazine would be seriously compromised if we accepted government or any other form of funding.

This does not prevent ACA from accepting grants for research into other areas of consumer concern. The most recent example of this is the Enquiry into Food Irradiation which ACA is conducting at the moment after a grant of \$90,000 from the Commonwealth Department of Health. We were given this grant after the Federal government recognised the importance of community consultation on such an important consumer issue. The results of this enquiry will be released in March 1987.

Ms Hall implies in her letter that *Choice* is against the public recognition of alternative therapies because this would upset the Medicare structure. In fact *Choice* and ACA would support the establishment of professional bodies which would provide some measure of protection to consumers against unscrupulous practitioners. Our policy in this regard is outlined in a submission we made to the Inquiry into Alternative Medicine and the Health Food Industry conducted by the Social Development committee, Parliament of Victoria. It would seem to us to be in the interests of alternative therapists to establish a good system of accreditation for therapists as well as adequate avenues of redress for consumers. If this structure was established we would support the need for alternative therapies to be covered by Medicare.

It is unfortunate Ms Hall characterises ACA and *Choice* as having an anti-alternative therapy policy — this is not the case. As always our overriding concern is for adequate protection for consumers, whatever form of therapy they choose to employ.

**Philippa Smith**  
Australian Consumers' Association  
57 Carrington Road,  
MARRICKVILLE 2204.

## Dear Grass Roots and dear readers,

Love the magazine and the chance to communicate with really sensitive, creative people in this day and age of anti-creativity — work in a job you hate or go without! I am a lonely artistic minded woman (around 50), on my own and divorced. Is there a nice strong minded man who'd like to communicate via letters, whatever, who loves animals, the theatre and who has an interest in Hollywood and the movies. Cats I adore, and flowers and a free gypsy life! I add I am a Libran and seek someone I can respect and hate all domination — respect and equality is nice. I love colourful surroundings, colourful clothes and people. I have an interest in mime, and love reading, too. I'd love to hear from someone who works with animals, or maybe some one into writing/painting and the world of entertainment. Preferable near Sydney, but not necessarily, and near the sea. I prefer seaside to rural areas. Thankyou, dear *Grass Roots* people. Love and peace.

**Pamela C.**  
C/- 11/189 Darling St  
BALMAIN 2041.

## Dear GR folk

I've read GR for years but this is my first letter. I love the sharing information and inspiration of so many contributors. Right now I have chosen to live in Newcastle while I train to be a leader. I'm a 33 year old single male with dreams (like so many others I guess) of one day building my own home or otherwise coming to live in a place close to the earth, sharing work and play with like-minded people. Right now I'd like a closer CONTACT WITH GR FOLD IN OR NEAR NEWCASTLE where I can visit, perhaps do occasional work with or perhaps we could exchange skills, poetry, laughter!

Does anyone know of a TREE-PLANTING GROUP in the area? Also is anyone able to teach me SHIATSU MASSAGE techniques? Looking forward to hearing from you. Thanks for the inspiration, not to mention your perspiration!

**Tony**  
C/-245 Christa Road  
WARATAH 2298.

# Feedback Link-Up Feedback

## Dear Readers,

Kate and I are interested in community living and ALTERNATIVE SCHOOLING for our family (three children, Reuben 6, Jessie 4, Bobby 1). We would be very happy to communicate with like minded people who could fill us in on their situation, as we are working towards living continually (another five years plan started) outside the state system.

I have 90 percent of the bad habits in our family, needless to say my beautiful lady is the steady influence in our family. We are interested in handcrafts, recycling materials, gardening, and healthy (?) lifestyle. I have Diplomas in Swedish Massage and Naturopathic Nutrition and have a great leaning towards spiritual awareness, healing and god in oneself. Love and peace.

**Gordon and Kate King  
726 The Entrance Rd  
BATEAU BAY 2261.**

## Dear Readers,

I have never written into Feedback before so I'm a bit green. My husband and I with our four kids own an intensive piggery and grazing property we also cut railway sleepers to help earn money. We have a large effluent dam and a smaller sandy dam beside in which we are trying to grow our own fresh water prawns. We use the water out of the effluent to irrigate our cattle feed. At the moment I'm trying to start an organic garden and have fenced it in and have 1½ dozen Muscovy drakes running in it knocking down the grass but I'm going to add another 2 dozen in it to help out now the first drakes have settled down. I run my ducks down at the piggery and I've got dozens of them as I very rarely kill them as I hate plucking them but these ones will go in the deep freeze when I've finished with them. We never have flies down at the piggery with the wild ducks who live on the effluent dam and the domestic ducks running in the lanes.

We also have guinea fowls, chooks, turkeys, horses etc. Can anyone tell me how to CLEAN the DOWN off the DUCKS please? Can anyone give any craft ideas on how to make EASY TO SEW CLOTHES as most patterns are about 16 pieces or so I just want to make clothes for wearing around the farm that are quick to make. And anyone who would like to write to me about their successes or failures in organic gardening as here we have a lot of trouble with bugs, weeds and humid heat. Or just write to me at all. Thank you.

**Edna Vanderwolf  
Hornet Ridge  
MIRIAM VALE 4677.**

## Dear GR readers,

Thank you so much for your wonderful magazine which is for us a lifeline to a saner way of life.

My husband, 19 month daughter and I are trapped in the inner city for about another year as we struggle to transform our dump into an 'immaculately restored Victorian cottage', hopefully for enough profit to buy our dream in the country.

My problem is that ANTS are undermining and killing my plants in my little front garden. As I have only a couple of square metres of soil it hurts to see any of my plants killed. But as this is the only place for my herbs I'd rather not use any of the huge array of pesticides in the shops. Hope someone can help me with a non-toxic (to my family) solution.

**Joanne, Mario & Jasna Gallegos  
139 Evans St  
ROZELLE 2039.**

## Dear Readers,

I am in the process of changing our diet and would appreciate any help given. Myself and my two sons Joshua 11 and David 5 are ALLERGIC TO GLUTEN (wheat etc.) and DAIRY PRODUCTS. Can anyone suggest what foods to eat to replace meat, other than dairy products and what foods we can find all the vitamin B's that we need. Is there anyone with the same problems so we can exchange ideas and recipes. Any suggestions would be welcomed, as I find it hard coping with this alone.

I would also like to meet an easy going male (to 45 years) for permanent caring relationship. I am 35 and like classical music, meditation and reading. Will answer all letters. Photo and S.A.E. appreciated.

**Elisha Stokes  
Victoria St  
RED RANGE 2370.**

## Dear Grass Roots Readers,

The most outstanding thing about letters to your columns is the number of people wanting to get where they ain't. This was also my hope for many years — 'If only I had more land to grow what I want.'! Then I realised that my own little ¼ acre block is a handful anyway. And thousands of tourists pay money to come and see these Blue Mountains every year.

Friends, you don't really have to own acres of land, I'm not boasting, but consider what I manage to do on my average Aussie block: To start with, I have over 300 different species of plants — assorted fruit trees, shrubs and vines, vegetables, herbs, plants for bees, birds and chooks, (of course no room for your suburban lawn). Included are some chooks, ducks and safely tucked away in cages are English Angora rabbits now breeding, and I hope to find a mate for my Rex (a fur rabbit). So you can grow wool in your backyard too. Added to this are 2 beehives. As if this isn't enough, I am also excavating underground, which at the same time provides more space and provides material for brick and mortar.

The possibilities are many: Production of wool, fur, leather, meat, eggs, honey, herbal products, home-made bricks and concrete products. ... I could go on. But I have never pursued any of this for an income. I'm always too busy!

**Kevin Smith  
PO. Box 213  
KATOOMBA 2780**

## Dear Grass Roots People,

We have recently moved to the ORANGE-BLAYNEY area of central NSW, and are still looking for a PROPERTY TO BUY, with a few acres, and nice old house with lots of trees around it and a good water supply. Can anyone help? We are also keen to meet other 'alternative' wholemeal eating, nature-loving, organic gardening people in the area. Our main interests are (among others too numerous to mention and those I already have), the natural environment (we are a geologist and a biologist), our 14 month old daughter, our plants, animals and bees, and classical music.



**Kristin van Brunschot  
RMB 44  
Beneree  
VIA MILLTHORPE 2798.**

## Dear Grass Roots Readers,

I have just read a letter (GR 59) which asked does MOON PLANTING really work? Well yes it does and this is how I remember when to plant my seeds. When the moon is full it provides plants with enough light to grow throughout the night. Therefore plant your leaf crops so the seedlings will come up with the moon and they will grow twice as fast. As the root crops grow in the soil with no light plant those so the seedlings come up when there is no moon or when the moon is waning. The leaves will grow only during the day so more nutrients and growing power will go to the root.

**Sara  
TOLGA 4882.**

## Dear Meg and David,

I'm writing in the hope that some of your readers may be able to help me. My need is any information available for EARTH WORM FARMING. So far I have only been able to find two booklets one of which is American (North). I would appreciate more Australian, how to do, what to do, also what not to do. Thank you for an excellent magazine.

**Ann Ramsay  
PO Box 597  
MANJIMUP 6258.**

## Dear Readers,

Is there someone reading this who would like a RENT-FREE SITE for their caravan on 6 acres with water and power? Secluded with lots of trees and birds yet only one hour from Sydney. A few hours light duties once a week is all that is asked in return. No drugs please. Initially for three to six months. Possibly long term if wished.

**S.H.  
Box 464 PO  
MITTAGONG 2575.**

# Feedback Link-Up Feedback

## Dear G.R. Folks,

For some time now I've been meaning to write to you as quite a few people have been asking about CRUELTY-FREE (i.e. non animal tested) PRODUCTS. These are from the latest list which I received from Beauty Without Cruelty Ltd.

With the exception of soaps -- which may contain tallow -- the only animal ingredients used are beeswax, lanolin, honey, and in some cases stearic acid: Beauty without Cruelty Ltd; Bioksma; Blackmores; Braidwood; Corps D'elite; Creightons, Dallyence; Evanol hair dyes; Floris; Goanna Salve Ointment; Golden Wattle (bee pollen) Hair Care; Herbon household cleansers and soaps (ask at health food stores) Hoffels, Hunzanna; Hymosa; Iguana Rubbing Lotion; Innoxia; Leichner; Meltone products; Monastique; Nature's Herbs Hair Care and Bath Oils; 'Parrot Brand' Eucalyptus Chest Rub, oil and Euky Bearub; Paul Penders; Rimmel; Rivendell (W.A.); Riverbank Herbs and Oils (W.A.); Sharyss; Springwood Aromatic Oils; Swami Sarasvati; Thursday Plantation T/tree oil; Tiki; Toms; The Body Shop; Weleda; Yardley.

Tallow Free Soaps: Ahinsa Neem; Beauty Without Cruelty; Blue Palm; Chandrika; Herbon; Meltone; Self Managed Soaps; Veyol and Weleda.

Not suitable for vegetarians: Lange Hair and Skin Care; Dr. Hauschka Skin Products; Karisma.

The above contain animal ingredients other than mentioned before. I hope that this list will solve your queries. Any company not mentioned on this list is not to be trusted as far as animal experimentation is concerned. Anyone interested in a list of companies involved in animal testing can write to me.

I hope to visit TASMANIA with my 1½ year old son soon. I might stay up to 6 months or so and would like to meet some happy, honest and responsible GR people. I'll also be looking for a place to stay -- either rent, share or whatever. If anyone has any ideas please write soon. I am 31, vegetarian, do not smoke, do have a sense of humour, I am honest and reliable. My son too has a sense of humour and he is very cute (at least that's what everybody else tells me!).

**Rosa de Graaf**  
C/- 47 Pryrus Way  
FORRESTFIELD 6058.

## Dear GR Readers,

Hi, we have been reading and enjoying GR for a while now. Born and bred in the city, we have just made the move to the BAIRNSDALE area. At the moment we are living in a unit at Paynesville while we look for our land. Later this year we hope to build a house, maybe a kit home. Rob is working in Bairnsdale and I will be looking for part time work soon.

We would love to hear from anyone living around here. We are basically home-bodies and still fairly dependent on life's luxuries. We are interested in most arts and crafts, gardening, reading and the bush. We don't smoke. I would also like to hear about any good naturopaths in this area.

**Linda and Robert Ashton**  
P.O. Box 644  
BAIRNSDALE 3875.

## Dear Grass Roots People

I'm 19, female a lacto-ovo vegetarian of 3 years, non-religious, into general healthy GR living, I feel strongly about women's issues. My interests include, music (listening to 'anything', playing guitar, didgeridoo and singing) Australian culture (any info on this most welcome), flora and fauna, scuba diving and snorkeling, cycling, amongst other things.

I'll be LOOKING FOR WORK on my way from SYDNEY TO QUEENSLAND so I'd be most grateful to anyone who will contact me with information about employment and survival (financial) while on the road -- how and where to apply and get the jobs that are going. Or if any GR people need a hand in return for your hospitality, I'll work in exchange for a place to board, meals, cash or whatever we agree upon.

I'm strong, hard-working, responsible and willing to give anything a go and work hard for anyone who will give me a go.

Anyone just wanting to write or who would like company at some time in the future for a good chat about life, please write.

**Fiona Craign**  
18 Edna Street,  
WARRIMOO 2775.

## Dear Grass Roots,

Firstly I have only started reading your terrific magazine from issue No. 55 on, it is certainly excellent reading! I wanted to say how realistic the article by Peter Edwards in issue 58 (Practicalities) is and urge all of you who are yet to make the move to consider all he has to advise very carefully.

We moved to Tasmania four years ago from Melbourne, with self sufficiency high on our list of dreams for our new life. We bought 40 acres of bush and it had a reasonable dwelling on it. The place suited our needs at the time and we were prepared to work hard to achieve our goals. Four years later we have accomplished a lot, have learnt a heck of a lot more and realised quite a few mistakes. Our land is fairly poor and extremely rocky, making it very hard work when clearing. Also the small acreages we have cleared and sown to pasture we have fenced with 4 strand electric fencing, which keeps our variety of animals in and works well but unfortunately does not keep the wild life out. So now we are looking at redoing boundary fences in expensive but necessary rabbit/wallaby proof fencing so only our animals can thrive on our hard earned grass and the wild life will stay out in the bush.

If we were looking again for land we now know how important good soil/land is. Next I think has to be a good water supply for stock and crops; even if it's just for a small orchard, vegie garden and a few goats.

All in all I guess I'm trying to say that though we love our little place for all it means to us and what it has taught us, we would have made the whole thing easier by a bit more forethought.

**Ros Wallace**  
R.S.D. 61  
DELORAIN 7304.

## Dear Editors and Readers,

After having been an avid reader of this great magazine for a number of years, I thought it was time to add my 2 cents worth.

Firstly, if anyone, especially men, are suffering from the usual type of BACKACHE, my advice is to get rid of your soft, springy bed, and replace it with a foam rubber mattress 4-5 inches (100-125 mm) thick and put it on a solid base, timber or the floor, anyway it works for me.

Secondly, blaming the water or soap for leaving my skin very dry, especially my forehead, after washing, my problem was solved by using PURE SOAP, Preservene, which I note is made in Vic.

Thirdly, if anyone is seeking a fun way to keep fit, meet nice people, and have a ball, then take up SQUARE DANCING regularly (Modern American Style) which is danced in every State and all over the world. Dancing weekly or if you can twice a week to a live caller is tremendous fun and entertainment, it not only keeps the body fit but also the mind is stimulated, some doctors even recommend it for co-ordination. It is an inexpensive form of entertainment, all ages can participate, and as a bonus do it to some great country music. If you want to try but don't know where, drop me a line. Shirley who drove her Kombi from Darwin and who visited this area, caught the bug, and will join the newly formed club back in Darwin. We have made friendships in every State since becoming involved, and now have friends overseas who are square dancers.

Lastly (not a preacher) from a lifetime of engineering and specialising in all types of WELDING and construction, including design and manufacture of farm machinery, cattle crushes, sheep handling gear and herringbone dairies, and the last number of years as welding inspector to a U.S. -- Aust. Agricultural Mach. Co. I thought there may be a need for a book or booklet for the layman, (plenty of technical library books, but too heavy) and for a more simplified approach to WELDING and easy construction, problems with various metals, methods, ideas, sketches, plans and so on. Anyhow if any of you have experienced frustrations and think such a book may help please write me and give me your ideas.

**Ken Marshall**  
47 John Street  
BASIN VIEW 2540.

## Hi Grass Roots Folks,

Thanks to David, Meg, Sunshine for a wonderful magazine. Are there any GR's who can help me with RECIPES WITHOUT SUGAR -- jams, cakes and so on.

**Nancye Roden**  
16 Lenola St  
MACLEOD 3085

# Feedback Link-Up Feedback

**Dear Meg,**

I live in Irian Jaya at six thousand feet near the Freeport Copper project which is at thirteen thousand feet. I am 40 years old with three little kids, ages, one, three and five. We plan to come in the next year or two and settle SOMEWHERE NEAR ARMIDALE on a few acres. I don't want self sufficiency, but I do want the kids to be self reliant so that they are not dependent on the 'system', as I realise it may let them down. I have learnt a lot about quilting from the American women and have made about ten in traditional patterns as well as collecting all the patterns and ideas that I learnt. I am a community health nurse and have had some experience with native women (Asian) and aboriginal women in childbirth as well as a few years in mid before I was married. I would like to help with home births when I get back, as I feel that since having my own I could really contribute with this. I am also learning Indonesian and we get to meet people from Sumatra, Java, Kalimantan (Borneo), Celawasi and Irian and I have been trying to collect SOFT HANDCRAFTS from all these areas especially batiks.

If anybody is interested in any (all) of these things please drop me a line so that we can share.

If anybody has a place within 100 miles of Armidale that has room for a family of five for a week we would love to visit on our annual leave in March/April to learn more about the area and what sort of place would suit us.

I tried rearing native pigs but the Muslims objected. I tried to rear chickens but a Hungarian nurse objected to the crowing. I tried to have a veggie garden but the native kids pinched them all before they were ready to eat. I had some dogs but the Filipinos ate them.

I enjoy your magazine and am reassured that the 'whole' world isn't mad, and there are some people out there who I can share with.

**Heather Belle Rankin  
C/- Freepost Indonesia  
PO Box 616  
CAIRNS 4870.**

**Dear GR Readers,**

I have a ten year old boy with a curiosity in all things pertaining to nature. I would love to hear from anyone with suggestions to help me compile information on such things as why the duck will hatch ducklings if we give her eggs back and how long will it take?

I'd like the gestation period of many farm animals either domestic or in the wild and also I'd like to know, is it wrong to collect birds' nests? Apparently, some birds return to the nest the following year. Can anyone enlighten me as to which birds return? Please GR friends, write telling me of your personal experiences with ANIMALS AND NATURE.

**Elizabeth  
Box 721  
ROCKHAMPTON 4700.**

**Dear Readers,**

To ALICE GRIGG (GR 58), I have never read the book you quoted and I stand only on the Bible — the Word of the living God. I read that God himself sent quail for food for his people (Exodus 16); that the Lord Jesus Christ after giving thanks to God fed the multitude with fish (Matthew 14) that he cooked fish for his disciples and gave it to them (John 21:4-13) and most important that 'every creature of God is good and nothing to be refused if it be received with thanksgiving' (1 Timothy 4:1-6); doesn't sound vegetarian to me!! Please borrow a Bible, search the scriptures and find for yourself what a Christian believes, and why.

**D. Hudson  
15 Grandchester St  
SUNNYBANK HILLS 4109.**

**Dear Grass Roots Readers,**

My attempts to find a diet that satisfies the emotional parts while regenerating the physical, has led me to tempeh among other things. I've bought tempeh starter from the USA and made good tempeh. My attempts at making my own starter have not been very successful so I'm looking for AN AUSTRALIAN SOURCE OF TEMPEH STARTER. (The local tempeh company has not been willing to supply it).

I hope one of the readers can supply the address of an Australian supplier. It seems silly to import when it's available locally. Thanks for your help.

**Russell Holland  
19 Gartford St  
ROBERTSON 4109.**

**Dear People,**

Many times have I been inspired to write in to Feedback, and it pleases me to be finally doing so now. After seven years in Far North Queensland and the Tablelands (where I thought I was meant to settle), I have now realised that the forested sub-tropics of Northern NSW is ideal for the kind of lifestyle and the types of plants I wish to grow. In my original ignorance I never realised that as long as one is in a frost-free area, it is still more than possible to grow nearly all tropical and sub-tropical fruits really well. Even in the sub-equatorial areas of Far North Queensland, they have problems in growing super-sensitive tropicals such as durians and breadfruits. The slightest lowering of tropical temperatures tends to set these kind of plants back quite considerably.

For those of you who are interested to learn more about RARE (TROPICAL) FRUITS, I suggest you contact the Rare Fruits Council (Queensland) either in Cairns or at one of their other centres on the East Coast. There is an amazing range of weird and wonderful fruits available and it is an absolutely incredible experience for those of us interested in exotic diets (and plants) to sample a new fruit for the first time. Most especially when we have heard or read about these fruits for a long time, but have never had the opportunity to sample them. There is always something else to look forward to. Purple Star Apples; Golden Mangosteens; Red-Orange-Green and Blue Bananas; Ice Cream Beans; Chocolate Pudding Fruit; Jaboticabas; Grumichamas; Amazon Tree Grapes; Rambutans; Sapodillas; Granadillas and so many more. Thank you creator God.

I am in the early stages of setting up an organic based edible plant nursery and fruit/nut orchards, on a large acreage in the Northern NSW hinterland. Initially it will be feeding us all, with surpluses for local markets etc., and then develop into a small-scale educational enterprise. As I am thirty plus years young, I am also looking for more people my age or younger to become involved in this project. It would ideally suit those people who are seriously considering a new life on the land and eventually possibly, purchasing their own piece of paradise. Especially those of you who are not able to buy your own land (owing to modern poverty) but who are prepared to work hard towards such a reality.

Sorry, older people, I love you all very much (honestly!) but this project is definitely limited to those of us who are 37 or younger as I strongly feel that in this day and age the younger folk deserve as much encouragement and help as is humanly possible. If you are health-minded and definitely not into harmful chemicals such as alcohol, cigarettes, pills etc., then the letter you may write to me may change your life in a beautiful way. Preferably you will not be biased or presumptuous in a religious way, but it would help greatly if you had love and respect for the teachings of my master and saviour Jesus. All letters shall be answered as soon as possible. This is a genuine offer and I really only want to hear from genuine people. The major part of the property is a wildlife refuge, so it would be in harmony for us not to slaughter other animals or even be possessed by the killing instinct. Now you know! Love and good thoughts.

**Abe Stone  
PO Box 332  
MURWILLUMBAH 2484.**



**Dear Grass Roots Readers,**

We are going to a Vulcan Everhot 204, SLOW COMBUSTION STOVE and as we have never used one before, any hints on the maintenance of it, any do's and don'ts plus some tried and true recipes would be very much appreciated.

Also, we breed ANGORA GOATS and were wondering if anyone in our area might like to barter (produce, labour, or anything else) for some wethers, G4 does, G3 does and G2 does.

Lastly, we have been given some LEATHERWORKING tools and as this is one craft we haven't tried could anyone recommend a good starter book or offer any advice.

I spin, weave, knit, crochet, sew, do tapestry, macrame and have tried other crafts so if I can help anyone with advice let me know.

**Keryn Suthers  
PO Box 204  
KALLANGUR 4503.**



# Feedback Link-Up Feedback

Dear Meg,

I am writing to WARN OTHER SINCERE GR READERS because I would hate anyone to end up in the same situation as we have. I trust GR with all my heart so I'll explain our situation. I advertised in GR for a farm we could caretake or rent for my family due to one of my teenagers continually getting into trouble with the law due to her being slightly intellectually disadvantaged. We received the most beautiful letters but no-one could offer us what we were looking for except a man who resides in Queensland. He wrote and told me he had a rental free home needing a few minor adjustments and no power. He explained he was crippled with arthritis and could not get help because he lived 66 km from Rockhampton. We wrote regularly and he said he could only pay a little each week for our work on his farm. I wrote back and asked if possible instead of money could he draw up a contract for a little bit of land. This he promised and said to wait till we arrived. He continually begged us to hurry up and we had a house to go to.

I went to the Tennant Creek C.E.S. office to see if we could get our furniture moved. They rang Rockhampton C.E.S. who did some checking up and said what this man can pay us is not enough to go off the unemployment benefits so we had to sell up. We did this only receiving half of what we wanted. We bought a transit van to pack our personal gear in. By the way the C.E.S. said this man is O.K. We used all we had to get to our destination because our van kept overheating till finally we cracked a head. We put us, the dog and van onto the freight train at Balcaldine costing \$252.00 sending us nearly broke. We finally arrived around 6pm and the old man met us. He took us to his place us thinking only for the night. He was really nice then so I felt we were finally at the place and will soon have a farm.

What a shock! We drove 5 miles to this lovely country but the house was a mess. He had that much stored in this house it would take three months just to clean out. Rusty bolts, old rusty cans, tomato boxes, you name it — the junk was inside, outside and on the veranda. He told us we had to build a bathroom and toilet, new fences around the house to keep the cattle out and remove all his rusty old cans off the property. We had to fix the windmill to have water. Besides all this we had to work on his house, his properties and remove old cars off his land to 5 miles near our place.

I brought up the contract on several occasions but he would only get stopy. He refused to talk on the subject. He also said he can't pay us anything due to him having no money until the cattle were sold. We could only spend in the eight days we were there, 2 hours trying to clean up the mess. With 2 male friends we removed some of the rubbish but he went absolutely crazy because we put it outside. He wanted it on his veranda which was nearly collapsing with the weight of nuts and bolts. In this time he ordered us around. I cleaned his house out. Peter worked hard for him and we had hardly any time together. He never thanked us for anything, but only demanded us to work. I spoke to him at breakfast time and he said he doesn't believe in contracts and he wasn't going to draw one up. I was really taken back because we worked so hard and for nothing.

I asked a pastor for advice and he told us to move — that was the fifth day. Don took us into Rockhampton to see what cheap furniture we could buy for our broken down house and said we could fix him up on our next dole cheque. We went to St. Vincents and he bought double bunks, two single mattresses and a three-quarter mattress but when we got home he decided to keep them himself and we gave ten dollars towards it. He got them cheap because he told these people of our plight but he had no intentions to give us them.

By this time I was getting fed up. We lost everything, travelled on and off the road for eight days in the heat, then worked like slaves. I just said to the family 'we are going'. We told him this and all he did was shrug. We slept on the lawn and next morning we went to the C.E.S. office and they sent us to the Industrial Inspector. He said there's nothing he could do for us with no proof. We still had another 3 days to go to get the dole. We went to the Salvation Army, Lifeline, and St. Vincents but no-one had emergency housing. St. Vincents gave us a food voucher for twenty dollars, but we couldn't cook. We spent these nights on the lawn feeling terribly miserable, lonely and lost. We finally got our dole cheque and booked into a caravan park. Now we have one unregistered vehicle with a cracked head and no home.

Through this man's cunning he has completely destroyed all our hopes of ever having a farm. I'm too scared now to answer advertisements in case it fails again and we have no money to travel. We did only want to

go to NSW but now we have to move to South Australia or a little closer because my mum has cancer. We were going home at Christmas to see her but due to his misleading offer and causing us to lose everything we will be stuck here for a mighty long time.

We found out from one of his friends he has had a lot of people in share-farming and they all leave, but he said 'Thank God you found out'. By the way it was the first *Grass Roots* that the old man had read and he just happened to pick us out. I still love GR and will read it like I always have but where do we go, who do we trust? Please warn other people.

**Marj, Peter, Tony, Tiffany, Hayley and Brooke Gronemyer**  
C/- Country Club Caravan Park  
ROCKHAMPTON 4700.

Dear Grass Roots Friends,

I had a letter printed in GR 56 asking if anyone had a place to rent for my daughter and myself. I was inundated with replies from various parts of the country, some offering accommodation, some people just wanting to be friends.

I am still trying to answer all of the letters and hope to do this personally. However as I moved during this time some of the letters may have gone astray through change of address or I may have missed some myself. If this is the case please accept my THANKS TO ALL OF THE PEOPLE WHO WROTE and if I have not answered you it is purely an oversight on my part.

I did not accept any of the offers that people made to me as from the time of writing until when my letter was printed it was 8 months and in that time I was allocated a Housing Commission house, where I now live. I am very thankful to have a house at last and not to be living in a flat, at least I have a huge yard that I hope to turn into a garden eventually, and we can keep pets once again.

However my dream is still the same and that is to own or live on a few acres in the country where I can keep my horse, Ben and my daughter's horse plus any other animals we may collect along the way. We have the two dogs and a cat now, but I dearly would love a sheep for my spinning, a goat, some chooks and to have the countryside at my back door instead of having to cycle half way across town to where the horses are agisted. I love the country, the mountains, streams, trees, the sea and just peace and quiet and the tranquillity of nature. However for the time being at least we are adequately housed.

Anyone around the CANBERRA, QUEANBEYAN AREA or nearby I would love to hear from you. I would like to meet people with the same ambitions as myself and the same interests. I am 52, love the country and animals.

**Daphne Everitt**  
23 Jordan Place  
QUEANBEYAN 2620.

Dear Grass Roots Readers,

I'm a young mum with two girls, Renee 2½, Jade 15 months. We would love to hear from any GR people in our area. Also we would love to hear from anyone with any information on HOME SCHOOLING. I find this very interesting and would love to teach the girls at home, but don't really know how to find out more.

I'd also like to hear from anyone who has personal experience with making HERBAL OILS, SHAMPOOS etc. My first feeble attempt was unsuccessful so say the least!

Anyone out there who has a COLICKY BABY, take heart! My younger was very bad and the idea of CHAMOMILE struck me. Make a very weak brew of chamomile tea, strain well and spoonfeed to bub at the onset of colic daily until one day you'll find you don't need it. It took Jade 3 days and she was fine. Thanks heaps for your wonderful magazine.

**Allison**  
57 Main St  
WINCHELSEA 3241.

Dear People,

Does anyone know if there is A BOOK ON DIET IN THE TROPICS or foods to eat in the tropics, as I have heard there are certain foods which are particularly beneficial to people in the tropics. As we are now living up here I would like to read more about this subject.

**Mrs. Maree Hill**  
C/- PO  
CLAREDALE 4807.

# Feedback Link-Up Feedback

## Dear Readers,

If you are passing our way we can offer a patch of ground to camp. Hello Maurice (GR 59). The magazine *Knack* has a good deal of advice of the building info you are looking for. Hello Terry (GR 59), in our experience KERO FRIDGES are not too effective in warm weather. We now use an ex caravan gas fridge and cooker with 2 x AG100 solar collectors: the 2 collectors give lights and B and W TV. Kero is 60-80¢ per litre. Kero Fridge cost \$7-8 per week. L.P.G. fridge and cooking costs \$10 per month.

**John Ramsay**  
PO Box 69  
TEXAS 4385.

## Dear GR Friends,

I presently have the opportunity and finance to buy my own 25 acres of tranquility and country living. My block is on the ATHERTON TABLELANDS of north Qld. between Herberton and Ravenshoe. Any one who knows this area will be aware that it is open forest country with rich red volcanic soil, with a high rainfall yet not in the wet belt. The days are mostly hot and sunny, the nights are cool and often frosty in winter.

To build my house will require some clearing of the land. The timber which I cut will be used for fencing if suitable. I want a garden and chicken run so will clear a bit more. Also will clear to keep fire hazard away from house and to plant some fruit trees. This is why we are moving to the country.

The problem is as recent as two years ago a new and rare species of possum was discovered in this area. Even with a minimum clearance of land necessary we will be destroying some of its habitat. Our goats or cattle and horse will continue this destruction. We have a quiet dog who will also frighten the wild life. Many other people of a similar nature as ourselves are also moving into the area and will add to the destruction. Perhaps others who have moved into similar areas like Kuranda or Lake Tribulation or Nimbin or other natural forest areas in Australia and including Tasmania could tell us, through these pages how they have come to grips with moving into country areas and yet know that by doing so they help to contribute to the destruction of the natural beauty and wild life just by the fact that they are there. Should we all remain living in a crowded urban area to avoid this destruction?

**K. Robertson**  
5 Mylchreest St  
CAIRNS 4870.

## Dear Readers,

I would like to make some SANDWICH SPREADS and wonder if any of you have recipes for mock chicken and any other home made sandwich fillings suitable for school lunches.

Also, as we are not able to connect to the SEC, we are interested in the different types of cost efficient ALTERNATIVE POWER. Especially in regard to pumping, lighting and small household equipment.

**E. Hoek**  
RMB 559A  
BODDINGTON 6390.

## Dear Down to Earth People,

Could anyone offer a recipe for a healing liquid called ELECTRIC ESSENCE?

**Wendy Parker**  
35 Gramplan Road  
Maclean  
via JIMBOOMBA 4280.

## Dear GR,

Help! Apologies to anyone who answered J.W.H. Post Office Springwood 2777. My letter was published many months after I had written it!! (I also realise that there are too many letters to be accommodated in specific issues).

I appreciate GR editors printing my letter at all. I had given up hope. I was interstate at the time of printing and didn't know that some replies had arrived at Springwood Post Office, which were returned to sender.

My sincere apologies, please forward again if at all possible.

**J.W.H.**  
SPRINGWOOD PO 2777.

## Dear GR People,

It would appear that many readers are unaware of the wide range of INFORMATION that is available easily, for the asking. Firstly the library in even a small town such as Biloela, has a microfiche catalogue that gives access to the State Library, cross listed under author and subject. Then D.P.I. — over the years, an enormous amount of detailed research has been done, concerning soil, crops, pastures, livestock and wildlife — access to it is as close as your local D.P.I. offers. Thirdly the phone book yellow pages — a mine of information about who does what (and with which, and to whom?) and where.

Advice to Karen Long, of Hermit Park. Presumably your toads are CANE TOADS — you might like to try our method of dealing with them, which is to grasp firmly by one, or both back legs, and, with a smooth round arm motion, fling as far as possible into the surrounding scrub. Doesn't seem to bother the toads unduly, as they are soon back again for another trip, like skiers at a chair lift. Doesn't seem to make any difference to their total numbers either — but at least it does tend to relieve tensions and frustrations a little.

I would like to beg or buy some planting material of PLANTAINS (cooking bananas), can anyone help? Cheers.

**John Bourne**  
PO Box 566  
BILOELA 4715.

## Hullo, all gentle Grass Roots folk!

If only *Grass Roots* came out more often — I do enjoy it. You were asking for suggestions for a possible NEW COLUMN, in its present format GR would be pretty hard to improve on, though a special feature of handy hints and ideas from contributors could be of use to readers. I know these are included in letters from time to time, but if they were mustered into one yard, so to speak, it would make it easier to find an idea which appealed whilst reading, instead of having to search back through all the letters again.

Fred and Joan Buckland want a recipe for cooking old chooks; have you tried a pressure cooker? Boil hen for ten minutes or so before clamp-down lid, as this enables the resultant scum to be removed so it will not block up the steam escape of the cooker.

Prema Ra, re downy mildew of cucurbits; our grandparents saved the fine white powdery ash from stove and fireplace to dust leaves of pumpkins and cucumbers to combat, I suppose, both powdery and downy mildew. There are resistant strains of seed available.

Readers might be interested to know about the FISH POND I have constructed. It is about 30' by 6', 2' 6" one end and 18" deep the other, and lined with heavy black polythene anchored around the rim with stones and boulders. The largest rocks, almost as large as a 44 gal drum, I snigged up from the gully with the tractor. Out from one side of the pond is a stone circled area filled with pine bark and planted with tree ferns shrubs and picibean palms. Actually, the palms had been planted years before and are quite tall. Then we built an ornamental bridge and painted it with an acrylic paint — which caused disaster! Runoff from rain over the newly painted surface polluted the water which killed all my beautiful Comets and Shubunkins. I shall not risk restocking this pond but will dig another close by for fish. Leave the big pond to the lilies, iris and other plants. I have introduced mosquito fish because they are quite hardy and in season native grey and striped frog taddies inhabit the pond. Even without the ornamental fish it is still restful to lean on the bridge rail and just gaze into the water.

It might be useful to know how I dug the pond hole. A small and no longer young, female, I did all the digging with my garden fork. This is an 80" rainfall area with deep red soil, which made the task quite easy.

Cheerio for now.

**T. Greene**  
Western Ave  
MONTVILLE 4560.

## Dear Meg

We have been reading your magazine for quite a time now and find it very interesting and knowledgeable. Our reason for writing this letter is to ask for some help and information on ALTERNATIVES to use in the house, for all sorts of jobs, than all the CHEMICALS we use at present to 'clean' our house (washing powders, detergents & cleaning agents).

**G.&H. Morris**  
'Morrisvale'  
NARADHAN 2669.

# Feedback Link-Up Feedback

**Dear Meg and David,**

Thank you for *Grass Roots*, we do enjoy each issue.  
Thora Carle may like this ICE CREAM RECIPE.

- 3 ripe bananas
- 3 tbsp maple syrup or honey (Camp brand is pure)
- 2 tbsp honey
- 4 level tbsp soyavite
- 1/3 cup cold pressed oil
- 1 cup water
- 2 tbsps carob powder or passionfruit.

Place all in blender, run it a minute or so. Freeze in covered container.

Note: Soyavite is an Alfa Foods product. Chocolate Wheylite could be used in place of Carob Powder. Any readers who would like to know about ALFA FOODS are welcome to contact Clem Clarke, PO Box 2265, Mt Isa 4825, or us. There is a lovely Alfa Icecream mix too. Keep up your efforts with my favourite magazine. Peace and love.

**Margaret Love  
C/- PO  
TINANEE 2430.**

**Dear Editor,**

I am interested to know what possibilities there are in the field of LOW COST BUILDING — ALTERNATIVE TYPE HOUSES, such as yurts, pyramids, or small domes. I am planning to build a small dwelling for one person, for the purposes of meditation and sleeping (excluding kitchen and bathroom).

I thought a yurt would be ideal and heard that there are people who manufacture them so that all that needs to be done is to put them together. A pyramid would also be ideal as its energy is very conducive to contemplation of an intense type.

Please let me know if you have any information regarding such a project.



**Judith McKinlay  
C/- M/B. Taylor  
Nightcap Range Rd  
Whian Whian State Forest  
Via LISMORE 2480.**

**Dear Readers,**

I wish to point out nicely that in my last letter to Feedback (GR 58), we asked for land in the Gympie district, 25 acres or more. I had tons of letters to answer from people wishing to sell five or ten acres only. It's a shame people went to so much trouble writing and drawing maps when they didn't have enough land for us.

Anyway, now I've said that, I must say, we've decided to stay put, because Gympie is too dear for us and it's not so bad here. However, we'd still like to hear from anyone, preferably from our area, who'd like to drop in sometime.

Thanks to all who wrote.

**Sharon Scott  
'Glenvale'  
MS 979  
MONT0 4630.**

**Dear Grass Roots Readers,**

We would like to meet other Grass Roots readers in the CALLIDE VALLEY. Main interests are organic growing, healthy foods and Angora and milking goats. People travelling through are also welcome but I think everyone probably goes up the coastal road. We are 40 km north of Biloela which is south-west of Rockhampton.

To anyone suffering from MORNING SICKNESS in pregnancy, please don't take drugs (Debendox). Seek a naturopath's advice. I took this drug for my first five children as I was so sick, all of the time not just in the morning. By the sixth I was into vitamins and health (I also didn't need blood pressure tabs as I took garlic) and through my own research, found that it was magnesium I lacked. I never had a moment's nausea after starting a formula called Zinc, B6 and magnesium.

Hoping this can help someone and looking forward to hearing from anyone. Please, no one into drugs or alcohol.

**Lyn Dennis  
C/- PO JAMBIN 4702.**

**Dear Friends,**

THANKS to the many people who wrote to me over the past year, offering friendship, places to stay and beautiful spots to visit during my 1986 'Oz' trip. Special thanks to Mike who shared his home and showed me many tropical hideaways. And to John of Grafton... well... I saved him a 33 cent stamp by meeting him on a 'special' beach, just before he was to send me a letter telling about it. Time and distance will never diminish our spiritual friendship.

Unfortunately I was unable to answer all letters and had to cut my trip short due to a horse riding accident that put me off the road for four months. But thanks anyway.

I am now settled back (or am I?) into teaching and renovating an old farm house, a slow process. As I'm new to the region I would be glad to meet people in the HEALSVILLE/WARBURTON/DANDENONGS area, with whom I could share gardening, animal and natural lifestyle interests.

**Lisa Cooke  
PO Box 234  
WANDIN NORTH 3139.**

**Dear Readers,**

Hi to Jim and Heidi Kulk at Maleny. Keep up the good work, I know what a difficult road you've run to get as far as you have. I too am criticised from time to time by the ignorant for my ideals and goals and my love for the environment. I was 'good sport' to a couple recently who 'quietly laughed' — as the female of the duo put it — at my ideas on organic gardening to SAVE OUR ENVIRONMENT by starting in our own back yards. Not to mention the derision met by my ideas on equality for all people irrelevant of colour, creed or race. To them I say there but for the grace of god go I. I think it's very important to save our shrinking rural areas by thoughtful farming practices — the organic way as far as is possible. How will we feed the teeming masses, this couple predict will overrun Australia, if we don't start thinking of our environment now? Their attitude is we are losing out to over population and industry anyway so why fight it? I say if the world is to be overrun by people like them let the bomb drop now and save us the heartache of watching them destroy our still beautiful environment! We have 1/3 acre or so on which I grow as many vegetables as our cold climate permits, we also have our own chooks and a herb garden. Would some kind lady like to SWAP ORGANICALLY GROWN FRUIT for spinning or sewing lessons or perhaps eggs? The children won't eat bought fruit and I haven't planted fruit trees as yet and with irradiation looming on the horizon I won't want to buy anything! By the way Jim and Heidi would you send me your telephone no? Don't like to lose contact with such a like minded brother and sister-in-law!! Happy gardening to you all.

**Adriana, Ian, David and Nadia Fraser  
Lot 5 Kilvington Drive  
EMERALD 3782.**

**Dear Meg and David,**

About three months ago I answered an ad in the 'SHARE ACCOMMODATION' section of a local paper. The ad read three bedroom house, an acreage, own room, use of amenities: \$75 per week.

Once I became settled in and all seemed to be going well, a third person moved in and I was informed a few days ago that I would have to move out and given one week's notice.

Luckily for me I have some very good friends on a farm about two kilometres away who offered to put me up for a couple of months until I could find somewhere else to live, which I did not think would be easy as I have a dog and three cats.

However, a couple of days after I was told that I would have to move out, I was offered by a friend of a family member a five acre property out at Jilliby for \$75 per week which includes accommodation, electricity, town water, and septic, available just after Christmas.

The moral to my story, if there be one, is anyone thinking of accepting a set-up like the one I have described out of a local paper, please check it out thoroughly before accepting!

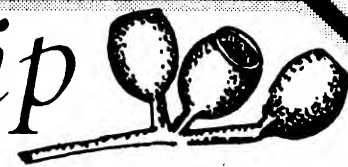
I will write and let you know how things are going, once I am set-up. Love and peace to all.

**Brian  
PO Box 279  
GOSFORD 2259.**



# gumnut gossip

Megg Miller.



I'm sure some readers must have thought their last issue of GR was never going to arrive and I must admit there were moments when we thought it would never go. The effects of the hold up then flowed through to the production of this issue and a few weeks back we were wringing our hands in anguish. The problem, mechanical of course! Actually it has been two fold. Initially we set about updating our record keeping system but what we thought would take a couple of weeks dragged out to encompass a couple of months. Meanwhile we had no way of processing mail or checking records so the backlog just grew and grew. By now we've just about cleared it all and hope anyone whose requests appear to be overlooked has been attended to. We're sorry about the inconvenience it caused, we just never dreamt it would get so out of hand. Then no sooner was this system up and running than our printer suffered a series of breakdowns. For a while it seemed David was living in Melbourne, so frequently was he up and down with it. Everything has been humming along for the last couple of weeks so our problems, happily, appear to be over. What we have for all this suffering (and we did all suffer, as many of you did too!) is a system which will enable us to keep track of people's transactions with us, their subscription status and orders. It should minimise duplication and simplify book orders. It's irritating for people to have to write in and query things and we feel sure this system will reduce possible mistakes on our part.

As I mentioned, the holdups flowed through to put our production schedule behind, but in being a few days late we're able to announce a beautiful, bonny baby girl to Lynne and her hubby. They've named her Miranda Rose and we're looking forward to seeing mother and baby in the near future. It's a relief to have our two GR babies born healthily and trouble free and know that Lynne and Karen are going to have many happy hours together with their two babies.

This issue we've featured a number of readers' knitting patterns and they've provoked such interest amongst us we feel sure you will appreciate them too. If you're a spinner and knitter or even just a knitter and have a favourite pattern you'd like to share, we'd love to hear from you. It's difficult to find the sort of patterns we back-to-the-landers like amongst the seasonal raza matazz and yet you might spy a simple jumper or hat on someone and would love to make it. So, if you're happy to pass on some of your tried and tested patterns do send them in, with a photo of the garment if possible, as it makes it easier for beginners if they can see what it is they are making.

We've had to incorporate a couple of significant changes in this issue, necessitated by the present economic squeeze. Faced yet again with price increases and not wanting to raise the cover price, we felt the most practical solution was to

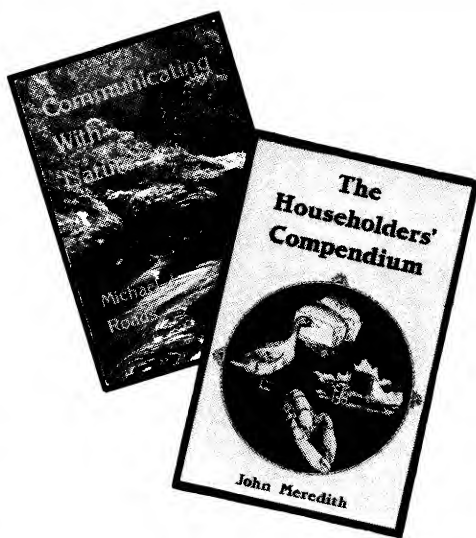
reduce the magazine by eight pages. It may mean some little changes to regular sections but we hope it won't alter the format too dramatically. One change will mean less pages for Feedback so it is more important than ever to make letters shorter and to the point.

We've also found we've had to increase the price of the Grassifieds — with the time and effort put in here they just haven't been economical. People often forget to include money, or send an amount totally unrelated to the cost. Others don't specify the category they want it in or in the case of land sales, the geographic section in which it is to appear. It may sound trite here, but when you apply it to forty or fifty adverts it makes a tremendous lot of extra work. The other major problem concerns identification. You have no idea the number of people who write in and want to know which issue their advert was in, but they're not sure whose name or what pseudonym it was under, or something equally as vague. We'd really appreciate it if people could furnish us with name and address — not for publication but for our records. It would certainly make life easier for all of us here.

Before finishing, there is a serious matter we want to bring to you. The misuse of *Grass Roots* is becoming an issue of grave concern for us. In its earlier years the readership was a smaller, closed community and seemed restricted to genuine followers. Over the last couple of years we've had more and more feedback concerning people who are abusing readers' trust and sincerity. Peddlers of get rich quick schemes, and religious fanatics, to name just two have sent unsolicited mail to many of those with letters in Feedback, causing annoyance and irritation. But the latest and most serious abuse concerned pornographic material sent to a teenager from Pen Pals. Not only is it sick and perverted but it puts in jeopardy the whole issue of people risking their privacy by having material published in GR. We passed the filth on to the police who are investigating it and feel we should warn others of the possibility of this occurring to them. Just what is the world coming to?

Fortunately the majority of readers are sincere people and it's through them the real spirit of GR is kept alive. It seems an incredible contradiction to be encouraging readers to share thoughts and experiences and in the next breath, be warning them of possible invasions of privacy. I hope it won't deter people, for GR has held a unique position in society as one of the few publications where anyone can get in print, but more importantly, it's been a haven for people, providing strength and comfort from some of the harsher forces of life. And it has always been inspiring, so may it rise above this rabble element and inspire people to achieve ethical and meaningful lives.

~~~~~



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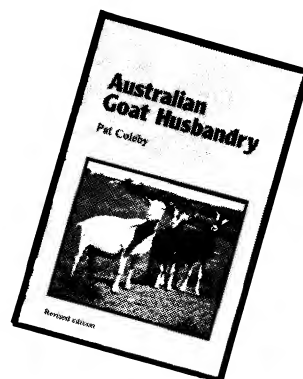
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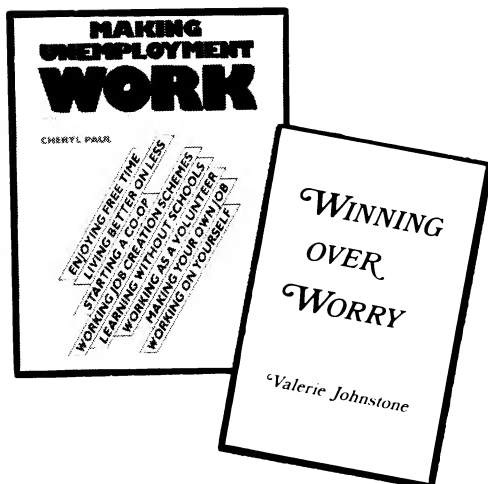


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